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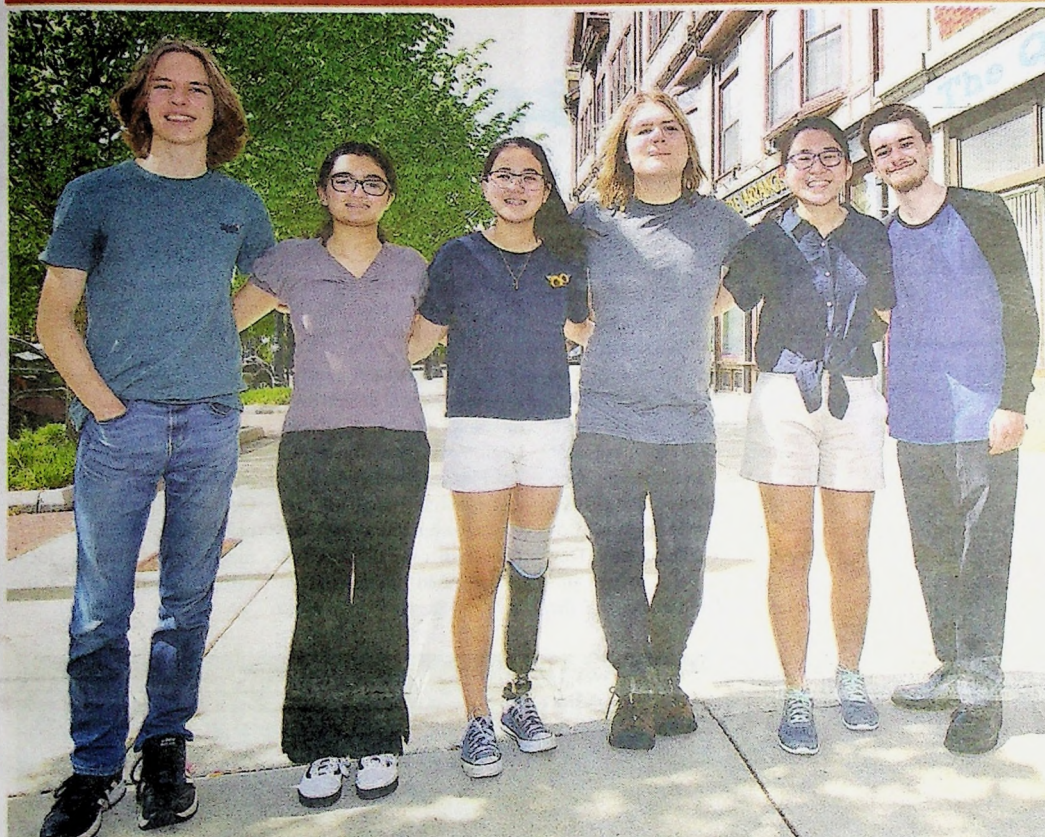
The Quincy Sun

Historic Quincy's Hometown Weekly Newspaper Since 1968

VOL. 54 No. 36

Thursday, May 26, 2022

\$1.50



NORTH QUINCY High School students (from left) Nicholas Enbar-Salo, Sophie Nerine, Kaitlyn Vu, Peter Romeo, Dominique Dang and John Thomas Malvesti, all juniors, competed on and won WGBH's High School Quiz Show this season. The team bested Andover in the final match, which was broadcast Saturday. North Quincy previously won the competition in 2013.

Quincy Sun Photo/Robert Bosworth

North Quincy High School Students Crowned Quiz Show Champs

By SCOTT JACKSON

A team of 11th graders from North Quincy High School have made history, besting their opponents from Andover High School to win the 13th season of High School Quiz Show on WGBH, capping off years of hard work by the team members.

The six students – Dominique Dang, Nicholas Enbar-Salo, John Thomas Malvesti, Sophie Nerine, Peter Romeo and Kaitlyn Vu – qualified for the show in

the fall and competed in four matches that were taped in February over Zoom, winning each round in all four games they appeared in. The final match against Andover aired on Saturday. All four games can be viewed online at wgbh.org.

The students from North Quincy said there was a sense of disbelief among the team after they bested Andover to win this season's competition.

"It was kind of like disbelief because it all hap-

pened so fast," Enbar-Salo recalled in a recent interview. "We played most of the games in two days, so it took a while to process it. It was like, 'did we really win, I feel like there is a catch. There's got to be a final team we have to fight to really win or something.'"

"I think for me it was similar," Nerine said. "I think being online made it a little harder to see what was actually happening because there was still the distance of the screens between ev-

eryone. I think it took me a while to really understand what had happened, especially because it was so fast. All the matches were within one week and most of it was within two days, so even winning one match, I didn't process until after."

"I remember telling my family after I don't think I'll believe it until after we see the trophy – and I still haven't seen the trophy," said Vu (the team was set to receive their trophy during

Cont'd On Page 15

Early Deadline For Next Week's Quincy Sun

Because of the Memorial Day holiday Monday, there is an early news and advertising deadline for next week's Quincy Sun.

Deadline for news releases, retail and classified advertising and legal notices to be published in the June 2nd issue is noon tomorrow (Friday).

The Sun office will be closed Monday, May 30 in observance of Memorial Day.

For more information, call The Sun office at 617-471-3100 or email the editor: thequincysun@verizon.net.

Councillors Press For Details On ARPA Spending

By SCOTT JACKSON

More than 80 percent of the \$46.32 million in federal funds Quincy received from the American Rescue Plan Act has been spent to date, Ward 2 Councillor Anthony Andronico said recently, but the City Council has yet to receive a presentation on how that money has been allocated.

Andronico and Ward 4 Councillor Brian Palmucci both pressed the adminis-

tration of Mayor Thomas Koch for an update on ARPA spending during a May 18 budget hearing. The mayor's chief of staff said that update should be ready before the council recesses for the summer at the end of June.

During a City Hall press conference in March 2021, Koch announced Quincy would receive \$46.32 million from the American Res-

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\$126.44M School Budget Proposed

By SCOTT JACKSON

Quincy Public Schools administrators have proposed a \$126.44 million budget for the upcoming school year, which would provide the district with enough money to add more than 17 full-time equiva-

lent positions, including new teachers and other staff members.

The proposed budget for the 2022-23 school year represents an increase of \$6.15 million or 5.11 percent over the \$120.29 million budget

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SONS OF THE American Legion, Squadron 294, Morrisette Legion Post, held its annual Memorial Day ceremony Sunday at Flags for Veterans Island in Quincy. Here Squadron Commander Stephen Fowles welcomes the audience to Sunday's ceremony. More Memorial Day coverage will appear in the June 2nd issue of The Quincy Sun.

Quincy Sun Photo/Robert Bosworth



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More Quincy news:
The Quincy Sun.com

Memorial Day Parade, Ceremony Monday

Green Beret Keynote Speaker At Mount Wollaston Cemetery

By SCOTT JACKSON

An active-duty member of the United States Army Special Forces who lost his leg serving in Afghanistan will be the guest speaker at Quincy's Memorial Day observance on Monday, May 30.

The ceremony will take place at the World War II memorial overlooking Sea Street inside Mount Wollaston Cemetery. The observance starts immediately following the Memorial Day parade, which begins at 10:30 a.m. at Quincy Credit Union, 100 Quincy Ave., and makes its way through Quincy Center to the cemetery.

Chief Warrant Officer 2 Nick Lavery will be the guest speaker for the ceremony. Born and raised

in Massachusetts, he is an active-duty member of the Army Special Forces, commonly known as the Green Berets. The Special Forces perform critical missions including direct action, counter insurgency, foreign internal defense, special reconnaissance, and unconventional warfare.

In 2013, during Lavery's second combat rotation to Afghanistan, he and his detachment fell victim to an insider attack that ultimately resulted in the loss of Lavery's leg. Following a year of surgeries and initial recovery including the use of a prosthetic at Water Reed National Medical Military Center, he returned to his unit. Refusing a medical retirement, Lavery set his sights on returning to opera-

tional status.

In 2015, at the conclusion of a challenging, comprehensive assessment designed to evaluate his abilities to operate, Lavery returned to his detachment and was subsequently deployed again to Afghanistan conducting full-spectrum combat operations. Lavery is considered the first Special Forces operator to return to combat as an above-the-knee amputee.

Lavery currently serves as a Special Forces warrant officer and assistant detachment commander and is widely recognized as an expert in special operations, intelligence fusion, and mission planning and execution across all operational continuums. He is also the first amputee in military

history to complete the Special Forces Warrant Officer Technical and Tactical Certification course, the Special Operations Combatives Program Instructor course, and the Combat Diver Qualification course.

Lavery is the recipient of the Silver Star, three Purple Hearts, two Bronze Stars, a Bronze Star with "V" for valor, among commendations. A warrior, athlete, student and author, most importantly he is a husband and father of two young boys.

Other scheduled speakers for the Memorial Day observance include Veterans' Services Director Christine Cugini, Quincy Veterans Council Commander Daniel Tinney, Mayor Thomas Koch and City Council President Noel DiBona. The Rev. John Swanson will deliver the invocation and benediction.

Ally Sleiman, the city's emergency management director and junior vice commander of the QVC, will read Gen. John Logan's 1868 Decoration Day proclamation. Steve Dunlea, vice commander of the



CHIEF WARRANT OFFICER 2 Nick Lavery will be the keynote speaker at the City of Quincy Memorial Day ceremony Monday, May 30 at Mount Wollaston Cemetery.

QVC, will read the Gettysburg Address. Guy Ferris of the Sons of the American Legion will read the poem "In Flanders Field." Tinney and George Bouchard, the city's graves registration officer, will read the roll call of deceased veterans from local veterans' organiza-

tions.

Participating in the parade this year are the Quincy Police and Fire Departments honor guards; the Quincy Veterans Council color guard, the Windjammers drum squad, local veterans' organizations, the

Cont'd On Page 4



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<https://www.weymouthfoodpantry.org/donate-food>

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<https://interfaithsocialservices.org/donate-food/>

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U.S. Attorney Investigating City's Opposition To L.I. Bridge

By SCOTT JACKSON

US Attorney Rachael Rollins has begun an investigation to see if Quincy's opposition to Boston's proposal to rebuild the Long Island Bridge runs afoul of federal law that provides protection to people with substance-use disorders.

In a statement, Quincy Mayor Thomas Koch said his office would cooperate with the federal investigation. He reiterated that Quincy does not oppose Boston's proposed recovery campus on Long Island, and is willing to work cooperatively with its neighbor to the north on the "broader issue of opioid treatment and recovery."

In a letter to Koch earlier this month, Rollins said her office was "initiating an investigation" to determine if Quincy had violated the Americans with Disabilities Act, which provides protections for people with substance-use disorders, by opposing Boston's proposal to rebuild the bridge. Boston has said the bridge is necessary to access a planned recovery campus on Long Island.

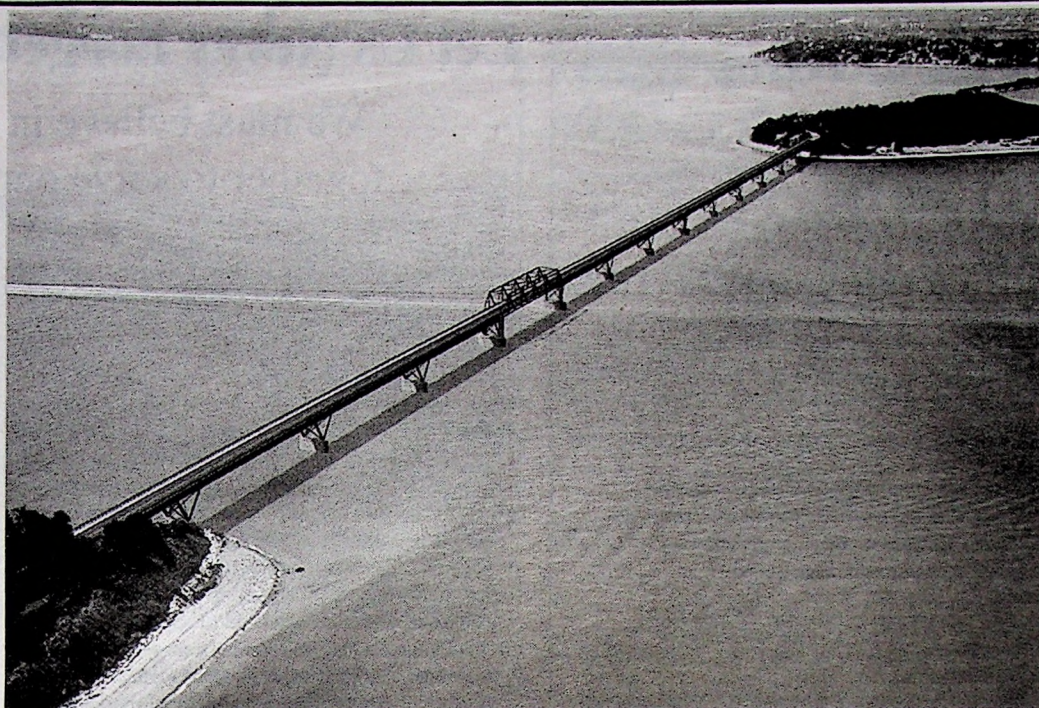
"Pursuant to our authority under the ADA, we are investigating the City of Quincy's various efforts regarding the reconstruction of the Long Island Bridge," Rollins said in her letter.

"This includes, but is not limited to, the Quincy Conservation Commission's denial of an Order of Conditions for rebuilding the bridge, the Quincy City Council's enactment of new permitting requirements for bridges, and the Quincy City Council's enactment of restrictions on vehicular access to Moon Island."

In her letter, Rollins said the investigation was in its "preliminary stage" and Quincy officials had 30 days to turn over the information she requested to prosecutors.

A spokesperson for the US attorney declined to comment on the investigation.

In January 2018, then Boston Mayor Marty Walsh announced plans to rebuild the Long Island Bridge and open a recovery campus on Long Island. The bridge would connect Long Island to Moon Island, the latter



AN ARCHITECT'S RENDERING of the proposed new Long Island Bridge, as presented to the Quincy Conservation Commission in 2018. Moon Island, which is within Quincy's city limits, is shown at right here. Rendering courtesy the City of Boston

Mite Box Thrift Shop Open June 4, Yard Sale June 18

The Mite Box Thrift Shop at St Chrysostom's Church on the corner of Hancock and Linden Streets will be open on Saturday, June 4th from 10 a.m. to 3 p.m.

The shop features a good selection of spring clothes, as well as many household items. For those who can't make it by on Saturdays, the shop is also open on Thursdays and Fridays between

10 a.m. to 3 p.m.

A Yard Sale will be held on Saturday, June 18th from 9 a.m. to 3 p.m. Table rentals will be available for a fee of \$30. Contact the church at 617-472-0737 and leave a

message for Cathy if interested, or email stcquincy@gmail.com. Include your name and contact information, and someone from the church will get back to you promptly.

Cont'd On Page 10

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The Quincy Sun

(USPS 453-060)
Published Weekly on Thursday by
The Quincy Sun Publishing Co., Inc.
1372 Hancock St., Quincy, MA 02169

Robert H. Bosworth
Editor and Publisher

Henry W. Bosworth, Jr.
Founder - 1968
Editor and Publisher

Sept. 26, 1968 - Feb. 7, 2009

\$1.50 per copy newsstand • \$40 per year in Quincy
\$42 per year by mail outside Quincy • \$50 out-of-state

Telephone: 617-471-3100 Fax: 617-472-3963

online at: www.TheQuincySun.com

email address: thequincysun@verizon.net

Circulation Dept. email address:
quincysunsubs@gmail.com

Periodicals postage paid at Boston, MA
Postmaster Send address change to:

The Quincy Sun, 1372 Hancock St., Quincy, MA 02169

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Moments in time

THE HISTORY CHANNEL

• On **June 6, 1683**, the Ashmolean, the world's first university museum, opens in Oxford, England. Today, the collection at the Ashmolean Museum of Art and Archaeology ranges in time from the earliest implements of man, made about 500,000 years ago, to 20th century works of art.

• On **June 10, 1692**, in Salem Village in the Massachusetts Bay Colony, Bridget Bishop, the first colonist to be tried in the Salem witch trials, is hanged after being found guilty of the practice of witchcraft. The witch trials, which resulted in the executions of 19 innocent women and men, ended in October.

• On **June 9, 1893**, the interior of Ford's Theatre collapses when a basement pier gives way, killing 23 people. The building -- where President Lincoln was assassinated -- housed hundreds of government clerks.

• On **June 7, 1942**, the Battle of Midway -- one of the most decisive U.S. victories in its war against Japan -- comes to an end. The outnumbered U.S. Pacific Fleet destroyed four Japanese aircraft carriers with the loss of only one of its own, the Yorktown.

• On **June 8, 1968**, James Earl Ray is arrested in London, England, and charged with the assassination of civil rights leader Martin Luther King Jr. In 1969, Ray pleaded guilty to King's murder. Three days later, he attempted to withdraw his guilty plea, claiming he had been set up as a patsy in a larger conspiracy.

• On **June 11, 1979**, film actor John Wayne, born Marion Morrison, dies at age 72. The "John Wayne" name was created when the director of "The Big Trail" didn't think Marion was a good name for an actor playing a tough Western hero.

• On **June 12, 1982**, a large crowd descends upon New York City's Central Park, demanding nuclear disarmament. Estimates placed the number of attendees at over a million.

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The caterpillars of fritillary butterflies hatch in the fall, go dormant right away without feeding, and sleep through the winter. They awaken in the spring at the same time as violet plants, their



only food, begin to grow. It is feared that global warming may disrupt this delicate and important synchronization and cause extinction of fritillary butterflies.

- Brenda Weaver
Source: www.fs.fed.us

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Let Us Never Forget Our Solemn Pledge

We must believe in our ability to work together to solve our toughest problems.

By JOSEPH REAGAN

On Memorial Day, 1945, the war in Europe had ended but the fighting in the Pacific continued, Lt. Gen. Lucian Truscott voiced remarks at the Sicily-Rome American Cemetery at Nettuno, Italy. Turning his back on the assembled VIP's he faced the rows upon rows of headstones and apologized to the 20,000 fallen Americans who had been laid to rest far from home. He was quoted as saying, "All over the world our soldiers sleep beneath the crosses. It is a challenge to us -- all allied nations -- to ensure that they do not and have not died in vain."

Fast forward to Memorial Day 2022, and the familiar voices of brothers in arms begin to call one another on the phone. People usually think of reconnecting with former military buddies as a joyous happening. However, for this Memorial Day, the topic of conversation was not an armistice, a promotion, or even a daughter's wedding or new addition to a home, it was about the latest in a string of suicides that silence the voice of our brothers but brought renewed connections from other familiar voices. One desperately said, "Sir, I needed to call someone who could understand this."

Everyone in the greatest generation understood war. At home they experienced rationing, schoolchildren collected scrap, and women took up factory jobs while overseas the troops endured combat and were witness to some of the largest and most brutal atrocities in the modern age. When the war was over, they followed the lead of Lt. Gen. Truscott and committed their lives to ensure that they "have not died in vain." The shared sacrifice of a generation united them and helped them solve tough problems.

In subsequent wars, such as the Korean and Vietnam era, Veterans did not experience the same level of understanding and thus either turned their voice inward or used their voice to fight for one another on subjects that varied from Agent Orange, PTSD, and other once-silent conditions.

The War on Terror introduced a unique time in our nation's collective history as acts of war played out in real-time on our media devices. Although only one percent of Americans served post 9/11, it seems 100 percent of the country used their voice to express their opinions of this shared history as it unfolded.

For Korea and Vietnam Veterans, war was not a shared experience and therefore various voices having various opinions helped further the national conversation regarding the treatment of veterans leading to safer and more thoughtful approaches. Unlike the veterans of Korea and Vietnam, the veterans of the last several decades did not return home to the voices of dissent that could be addressed directly, instead, they returned to a polite nation that creates media of dissent and very little opportunity for honest, open dialog.

This new era of media, learning, and personal discussions bring rise to the question, "Do people really remember why we hold our veterans in a place of honor?" For years, voices saying meaningless phrases like "the enemy gets a vote" or "there's nothing you could have done" were meant to comfort those of us who have held the heavy responsibility of leading troops in combat. However, many people seem to lack the understanding that our hearts have been forever scarred by the invisible wounds of war, scarred by guilt and grief, and by the longing for forgiveness that will never come. Even if forgiveness was offered, it would be hard to accept as no mere words can undo a life experience and because of this, we often feel isolated, misunderstood, and undervalued therefore our voices remain silent.

As conversations with the voice on the other end of the phone come to its inevitable conclusion, I am remind-



ed that to remain silent is a betrayal of my obligation to those who made the ultimate sacrifice. As Horace Bushnell once said, the best thing for us to do is to remember "what they have put it on us to do for the dear common country to which they sold their life." As we gather as one nation this Memorial Day, my hope is that instead of directing shallow words of gratitude at each other, we do as Lt. Gen. Truscott did and direct our gratitude directly towards those who made the ultimate sacrifice. In both our words and actions, let us all commit ourselves to serve the country to which they gave their lives.

While there is still much work to be done, the generation of Veterans from this century have access to vast resources, life-saving technology, and increased information. This same generation of Veterans is just now starting to define our post-service legacy and like our grandparents, return home with a deep commitment to service, and a desire to address the many problems that we face.

One such issue needing to be addressed is helping Veterans find purpose in their post-service lives. Truscott's apology to the dead are not empty words, but a strong voice reminding us that we have an obligation to choose resilience and purpose when faced with guilt or grief. As an example, Gold Star Families, who have experienced tremendous loss, continue to serve their communities to maintain the legacy of the loved one they lost. I often recall a colleague of mine responding to the question "why do you do so much to help Veterans?" he simply held up his finger, choking back tears he responded, "for the one I couldn't save." By choosing to use his voice to advocate for other veterans, he not only helped them find their purpose -- he found his own.

It's often said that for those who have served "every day is Memorial Day," a traditionally silent observance in the Veteran's mind that can best be described as an impossible trinity made up of an overwhelming sense of guilt, grief, and grit. Usually, a moment of silence on this day is a welcomed and solemn way to honor the voices from our past, but for myself, after losing three former soldiers to suicide in the past few months, silence is no longer an option and the freedom to use our voice is the greatest gift that our veterans have to offer this Memorial Day.

Joseph Reagan is the Director of Military and Veterans Outreach for Wreaths Across America. He has almost 20 years experience working with leaders within Government, non-profit, and Fortune 500 companies to develop sustainable strategies supporting National Security, and Veterans' Health. He served 8 years on active duty as an officer in the U.S. Army including two tours to Afghanistan with the 10th Mountain Division. He is the recipient of multiple awards and decorations including the Bronze Star and the Purple Heart.

Memorial Day Parade, Ceremony Monday

Cont'd From Page 2

215th Army Band, US Coast Guard honor guard, USS Constitution honor guard, Gold Star families, Sea Cadets Squadron Zulu, North

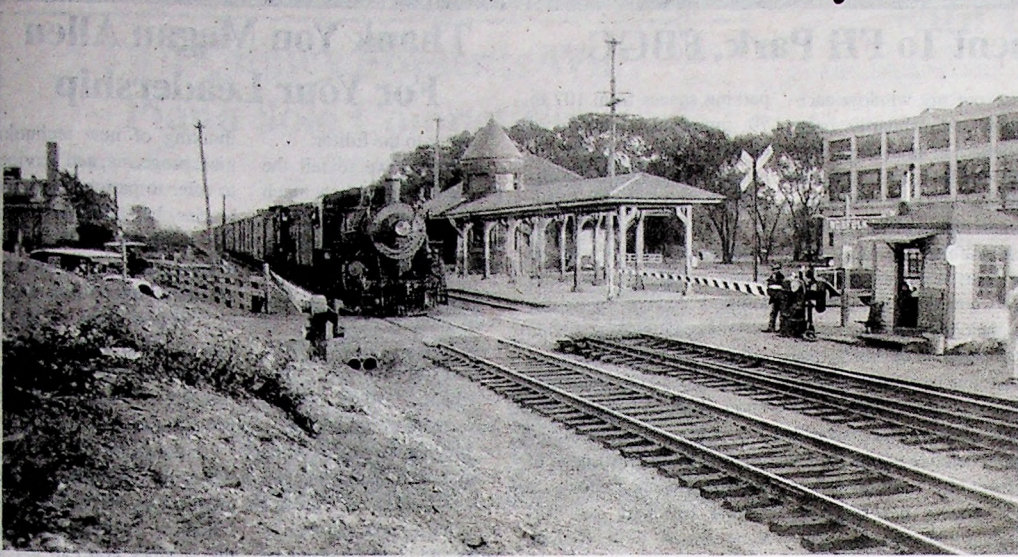
Quincy Air Force Junior ROTC, Boy Scouts and Girl Scouts, Quincy Fire Department vehicles, Brewster Ambulance vehicles, and

the Quincy-North Quincy High School band.

In the event of inclement weather, the observance will take place at the auditorium

at Quincy High School, 100 Coddington St., at 11 a.m. on Memorial Day. Call 617-376-1194 for more information.

Scenes From Yesterday



THIS IS A 1928 real photo postcard view of the old Norfolk Downs railroad depot looking south with the end of Billings Road where the car is stopped on the left. The grade crossing shown here was a temporary road while the West Squantum Street bridge was being rebuilt. At the time, more than 150 trains a day passed through here. The city once had a plan to build a major east-west roadway through here, with an overpass over

the tracks, connecting Adams Street in East Milton via Holbrook and Billings Road to Quincy Shore Drive near Fenno Street. Other than the tracks everything in this view is now gone. The Pneumatic Scale factory building on the right is now the site of a Super Stop and Shop and the depot in the center is on the site of a Chipotle Mexican restaurant.

From the Tom Galvin Postcard Collection

There Is A Place For Adult Baseball In Quincy

Dear Editor:

In response to a letter last week about the inability to get adult baseball permits for Adams Field, I offer the following correction to the record. Any organization is welcomed to apply for permits to any one of the other baseball fields here in Quincy, which are in great shape. We would happily work with adult baseball organizations, as we have for years. There is a place for adult baseball in Quincy.

The Park and Recreation Board's priorities for permitting are as follows: Quincy Public Schools sports; Quincy youth league sports/Legion baseball; and then adult baseball. We offer permits to the six high school teams (two schools, three levels), now Quincy College and Eastern Nazarene College, and then to our many youth programs. The state of youth sports in Quincy is strong and our parks are packed on a daily basis.

Adams Field is the finest baseball field in the region; hosting State, regional, and national tournaments over the years. Everybody wants to play at Adams Field due to the

READERS FORUM

quality of the facility. As a result, the wear and tear on the field is substantial and that shows most after rain when large worn areas hold rain and puddles longer than natural. This results in the cancellation of high school, college, and youth games, which are our top priority. The mound and batters' boxes also take a beating from the amount of use the field receives, further diminishing the overall product we can provide to our priority permits.

I would certainly welcome any Quincy organization that wants to use our fields to apply for permits and we will accommodate them as best as possible.

David Murphy

Commissioner-Department of Natural Resources
Park, Forestry, Cemetery, Recreation & Conservation
Divisions

New Position For Social Justice And Equity

(Editor's note: A copy of the following letter was submitted to The Quincy Sun for publication.)

Dear Mayor Koch:

We were very pleased to see that you had submitted a budget item for a liaison position for Equity and Inclusion for \$75,000. This is indeed a positive step in the direction of progress for our expanding majority/minority city. This is similar to, but not equal to, the ordinance passed by the City Council in January 2021 and then again in January 2022, for the creation of a Department of Social Justice and Equity, rather than a liaison position.

Many city residents have been waiting for more information from the Mayor's Commission on this topic; we would welcome the publication of findings, and further definition of the role of "liaison" in your job description for the new DEI staff.

It is the position of the StandOutQuincy4BlackLives group that a Department of Social Justice and Equity will be vital in providing policies and programs that promote the

representation and participation of different groups of individuals, including people of different ages, races and ethnicity, abilities and disabilities, genders, religions, cultures and sexual orientations for our city employees and citizens to further the goals of equity and inclusion.

We were thrilled by the wonderful night of community last week at Quincy's first Multicultural Festival, sponsored by the citywide PTO's equity, diversity and inclusion subcommittee. All would agree with Assistant Superintendent of Schools Erin Perkins, "...to come together like this and celebrate our differences and learn from each other and build that welcoming community...It's just very rewarding and hopeful."

Again, thank you for this encouraging beginning, let's continue moving forward together toward a more just and equal society.

Sincerely,

Mimi Balsamo

Coordinator, StandoutQuincy4BlackLives

Grateful For Quincy Senior Olympics

I wanted to take a moment to express my gratitude to not only the City of Quincy for presenting the opportunity for us seniors from 55 years of age and older, including one gentleman who is a perennial participant, who is now at the tender age of 94, to relive our youth and make new friends of our fellow competitors.

Credit to the sponsors, Linden Pond's and Brookdale senior living facilities. Both local entities serving Quincy and the South Shore.

The heart and soul of making this event so successful each year is the on site hard work and coordination of the Department of Recreation headed up by Michelle Hanly and her administrative staff, along with an army of mostly college and high school students who do the setups and take

downs for all of the 175 participants using the 25 separate events from darts to shot put competition, spread over a seventeen day schedule. Great young men and women all, I might add.

I know of no other city that accommodates its senior residents in the fashion the City of Quincy has done both on and off the field with its crown jewel being "The Senior Olympics" which is open to anyone who is 55 years of age or older, no residency requirement needed. A testimonial to the mayors past and present and a tip of the hat to Thomas F. Clasby, director of Elder Services and his staff at 400 E. Squantum St.

I cannot wait until next year!

Edward Spring

Quincy's Yesterdays

This Week
1986
36 Years Ago

Expect \$308,000 In Hurricane Relief Aid

The city expects to receive \$308,053 during the first half of June as part of the federal and state reimbursement for damage caused by Hurricane Gloria last fall. But it will be very likely beyond the September 27 anniversary of the storm before all of the money is reimbursed.

Principal Planner Richard Meade said there was \$645,000 in total damage from the storm.

"We anticipate all of the work to be completed by September or earlier," said Meade.

FUNDS MAY HELP RENEW KINCAIDE SITE

A portion of the more than \$2 million the city received after the sale of 200 Newport Ave could be used to revitalize the site of the former Kincaide Furniture company destroyed by a recent five-alarm fire.

The money has to be used for community development purposes said Arthur Foley, administrative assistant to Mayor Francis X. McCauley.

Future plans for the site were discussed at a meeting attended by Foley, some Quincy Square merchants, Planning Director James Lydon and Principal Planner Kevin Shea.

HEALTH COMMISSIONER

PETITION ON GOVERNOR'S DESK

A home rule petition dropping the requirement of an MD degree for Quincy's health commissioner is expected to be signed by Governor Michael Dukakis.

The city council voted unanimously Jan. 21 to approve the home rule petition introduced by McCauley after he had difficulty finding a medical doctor to take the job for a salary of over \$40,000 that the city was offering.

QUINCYISMS

Mayor Frank McCauley said that he hadn't made a decision to seek a fourth term. "I'll probably make a decision after the first of the year"... The South Shore Mental Health Center was planning to hold its second annual "We Join Hands" Awards Night celebration on June 11 at 6 p.m. at Marina Bay. Recipients included: State Senator Jack Bachman, TV 5's Mary Richardson and former Boston Bruin Ken Hodge... The Doherty Family of Squantum held a triple birthday celebration. Mrs. Louise Doherty, her son John and his daughter Amanda were all born on May 23, hence the triple birthday party... Quincy Junior College noted that their tuition rates for the Summer Sessions at the College were lower than state colleges and private college tuition rates. Rates as follows: QJC \$160, State Colleges \$192, and Private Colleges \$256... Don Gohl, assistant vice president and Newport Avenue branch manager of the Quincy Cooperative Bank, was to be the guest speaker at the June 4 meeting of the Quincy Citizens Association... Steven Morad, 40 Rawson Rd., Wollaston, was elected vice-president of the Student Council at Don Bosco Technical High School, Boston, for 1986-1987... United First Parish Church, Quincy Center, celebrated Children's Sunday. Rev. Cynthia Edson led the service... Colpitts Travel Center, Hancock St., opposite Woolworth's, was offering: "Cruises from Boston of Two, Four, and Six Nights"... O'Brien Bakery, 9 Beale St., Wollaston and 148 Granite St., Quincy Center, was advertising: "Graduation Cakes for Your Graduation Party, Various Sizes"... Fred Villaris Studio of Self-Defense was offering: "A Free Karate Uniform for Enrollment Now"... Six Quincy residents received degrees at Curry College's commencement ceremonies. They are: Gretchen K. Behm, John P. Brown, Paul E. Gill, Karen Fee, Michael Donovan, and Geraldine T. Klaiman... Stephen G. Smith, 16 Anderson Rd., and Kimberlee L. Morse received degrees from Merrimack College. Smith received a Bachelor of Science degree in business administration and Morse a Bachelor of Science degree in electrical engineering... Dr. Shirley E. Dunbar of Wollaston, a professor at Bunker Hill Community College was the group leader of 20 students traveling to the Far East for a three-week educational trip... Dwayne Wilcoxon of Quincy was named to the Presidents List for the 1985 semester at New Hampshire College in Manchester, NH. He is the son of Mr. and Mrs. Ben Wilcoxon of Fenno St. in Wollaston... James McSweeney of Quincy was elected president of the Kappa Sigma Fraternity at the University of Connecticut. He was a 1983 graduate of Quincy High School... Edward J. Flavin, 14 Neponset Rd., Merrymount, was named in the national edition of "Who's Who Among American High School Students." Flavin was a senior at Quincy High School... Stephen A. Collins of Warren Ave., Wollaston, received a certificate of appreciation at a luncheon for long-term employees at Northeastern University. He was a circulation assistant in Dodge Library at the school.

READERS FORUM

Supports Proposed Investment To FH Park, FBGC

To the Editor

As someone who grew up on Wollaston Hill and now resides on Forbes Hill Road, I have been following with great interest the City's proposed plans for Furnace Brook Golf Course and Forbes Hill Park and the neighborhood's response to those plans. The past few weeks I have read a few letters in the "Readers Forum" that seem to be largely misrepresenting the proposed changes to Forbes Hill Park. I offer this letter as a counterpoint and in favor of the proposed investment to our neighborhood and community.

The City has committed to keeping both Forbes Hill Park and FBGC as open space. Retaining and improving this 50-acre gem is a benefit to our neighborhood and to all of Quincy. One need only stand at the top of our hill and look over to Quarry St or to Hospital Hill to see what an alternate use of this space could look like. We can continue to use the space for quiet moments, block parties, sledding, sports, dogs and, of course, golf. I am thankful to the City for this commitment and the positive impact on our property values.

The improvements to the park are long overdue. I grew up going to the Recreation parks program at FHP and my children attend now. In that span of 40+

years, there have been few, if any, improvements made. When you walk up to the park today you are greeted by overgrown brush, poison ivy and decaying trees suffocated by vines along a dilapidated and rusted iron fence. The same can be said for the wooded area behind the crumbling tennis court and the existing clubhouse. It is all...tired. We've seen in other parts of the City how impactful park improvements can be for all.

Golf will be more accessible for all. I'm not much of a golfer but I do enjoy a few rounds a year. A City-owned course will be much more welcoming than the previous, semi-private course. Lessons and youth development programs will finally be available. I'm excited for my children to learn a game that they will be able to play their entire lives. They will be able to walk to the course for lessons, or a round with family and friends.

An improved clubhouse and restaurant represent a value for residents. The improved food service is something that all our neighbors can enjoy. I am looking forward to walking up the hill to meet neighbors for dinner and enjoy the views from the deck. This will not be a destination restaurant, just an improved experience for golfers and residents. While traffic is a real concern, the activity

I see out my window each day is not primarily from golfers. On an average day, there are far more residents, delivery drivers and dog owners zipping by my house than golfers. We can all do our part to mitigate this safety concern. As for parking, just last weekend, there was a golf tournament that resulted in cars parked down reservoir and Stony Brae roads. The current plan will help to keep those cars from in front of our houses.

The City has listened. I was so happy to see almost 100 of my neighbors at a community meeting in March to discuss the plans. There was ample feedback that night and in the ensuing weeks regarding traffic, the plans for the clubhouse and parking. The City responded with a revised plan, reducing the number of

parking spaces from 107 to 70, preserving much more of the green space and re-orienting the courts to maximize the field size.

As with any major development, there will be many opinions. While I know I do not speak for all of my neighbors, I have talked with many and I know most in this neighborhood. By and large, people are happy with the revised plans and the prospect of vast improvements for both Forbes Hill Park and Furnace Brook Golf Course. Both contribute greatly to the quality of life in our lovely neighborhood and I'm excited that the City will not only allow that to continue, but will make it better in the process.

Thank you,

Chris Lebo
Forbes Hill Rd

A Golden Opportunity

Dear Editor:

At the time of the writing of this letter, on the eve of a City Council budget meeting, here's to hoping the Quincy City Council hears the common-sense calls coming from the Friends of Forbes Hill Park to earmark independent surveys for tree study and storm water reclamation on Forbes Hill in the FY23 budget.

In addition to the alternatives included in my letter you published last week, may I add that a happy me-

dium may also be met in appeasing golfers and non-golfers in the use of our city's open space. For example a driving range could whet golfers' appetites until they can make to one of the two other Quincy golf courses.

Other activities could benefit Quincy's non-golfers and golfers alike such as those mentioned last week as well as go-carts, trampolines, open-air ice-skating, bunny-ski hill with rope tow, the list continues to go on.

Before we heap \$7 million of our dollars on a new golf club house, parking space and more that would shrink our park space and chop down our precious trees, with minimal to zero constituent consultation, we should invest a teeny bit of our resources in the proposed independent surveys, as well as consultation with what Quincyans want and how our money would most wisely be spent.

This is a golden opportunity not to be used just for very few of us.

Thank you.

Bill Spirito
Wollaston

READERS FORUM

Thank You Megan Allen For Your Leadership

Letter to the Editor:

I don't have to tell the people of Quincy how much they will miss Megan Allen, Director of Libraries, Thomas Crane Public Library, but I will anyway. Her retirement reminds me of how I felt when David Ortiz retired from the Red Sox. I was happy for him, but sad because he would no longer be playing for my favorite team. Megan has been swatting homeruns as Director of Libraries now for over 18 years and I had the privilege of working with her for five of those years while serving on the Board of Directors of the Thomas Crane Public Library Foundation.

I witnessed Megan's dedication to the library system in Quincy. She is always

thinking of new technologies, programs, and services to offer to patrons of the libraries. Inclusion and seeking feedback to make the libraries better for everyone are important to her. There can be few cities of Quincy's size in America that have a library system that benefits so many different constituencies.

I grew up in Quincy when the libraries carried only books and magazines. I don't need to recount all the services you can get at the Crane libraries because of Megan's leadership and vision. You see it every day. Thank you Megan, and just like David Ortiz there's life after hitting all those homeruns!

Wayne G. Miller
Hingham

39.2M People Traveling Memorial Day Weekend

The unofficial start to summer will be a busy one this year as AAA predicts 39.2 million people will travel 50 miles or more from home this Memorial Day weekend. This is an increase of 8.3% over 2021, bringing travel volumes almost in line with those in 2017.

Air travel continues to rebound, up 25% over last year, the second-largest increase since 2010. With volumes closing in on pre-pandemic levels, AAA urges travelers to book now and remember flexibility is key this Memorial Day weekend.

Travelers from Massachusetts will make up close to 950,000 of the 39.2 million, with more than 860,000 going by car and

72,000 by air, both numbers more than last year and approaching pre-pandemic levels. INRIX forecasts that the highest traffic volume in the Boston metro area will occur Thursday afternoon, May 26, beginning at 2:30 p.m. on Route 3 south, I-93 north and south, I-95 south and I-190 West in central Massachusetts.

"Memorial Day is always a good predictor of what's to come for summer travel," said Mary Maguire, director of Public Affairs at AAA Northeast. "Based on our projections, summer travel isn't just heating up, it will be on fire. People are overdue for a vacation and they are looking to catch up on some much-needed R&R in the coming months."

Neponset River Watershed Annual Meeting June 8

The Neponset River Watershed Association's Annual Meeting will take place at Castle Island Brewing in Norwood on Wednesday, June 8 at 6:30 p.m.

NepRWA members, volunteers, and supporters are

invited to attend the Annual Meeting to learn about the organization and the accomplishments of 2021 and hear about the changing role of environmental journalism from award-winning journalist, Bruce Gellerman of WBUR-NPR Boston. Attendees will also get a report about the history of the Neponset Superfund site.

Annual Meeting tickets can be purchased at www.neponset.org/annualmeeting

Additionally, NepRWA is in the process of hosting its annual kayak raffle, sponsored by PaddleBoston, and the winner will be chosen at the end of the Annual Meeting. Attendance at the meeting is not necessary for participation. Kayak tickets can be purchased at www.neponset.org/kayakraffle.

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at First Parish of Milton,
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For more information,
visit www.miltoncommunityconcerts.com

Social

Two Quincy Students Win Piano Solo Competition

South Shore Conservatory congratulates two students from Quincy who won its recent Piano Solo Competition.

Student Owen Masur took second place in the 15-18 age division. Owen is a student of SSC instructor HuiMin Wang.

Student Grant Hsu won Honorable Mention in the 9-10 age division. Grant is a student of SSC instructor Maral Annaovezova.



OWEN MASUR



GRANT HSU

Judith M. Flynn, Esq., CELA, Named Treasurer Of 2022-2023 NAELA Board Of Directors

The National Academy of Elder Law Attorneys (NAELA) announces its appointment of Judith M. Flynn, Esq., CELA, of Quincy, as treasurer of the 2022-2023 Board of Directors. Flynn's term as NAELA Treasurer begins June 1.

As NAELA treasurer, she will assist and advise the NAELA Board and Executive Committee with respect to fiscal management and serve as chairperson of the NAELA Finance Committee.

"I am honored to serve as treasurer of NAELA," Flynn said. "My NAELA colleagues across the country are among the most passionate advocates, dedicated to protecting the rights and quality of life of elders and people with disabilities.



JUDITH M. FLYNN

NAELA is the preeminent organization for elder law attorneys and I am humbled to play a part in its success."

Flynn practices at Falco & Associates, P.C. in Quincy. Flynn says she is "grateful that Anthony Falco and the rest of my colleagues at the firm are supportive of the significant time commitment involved in my Board

service. They support and participate in our advocacy efforts at the state and national level to benefit the elderly and disabled clients we serve every day."

The attorneys at Falco & Associates also meet with clients in the firm's satellite offices in Danvers, Arlington, Hyannis, and Framingham, or at their home or facility when needed. The firm covers all aspects of elder law and estate planning with an emphasis on long-term care benefits and community benefits to help clients remain in their homes.

Flynn served as president of NAELA's Massachusetts Chapter in 2014, and has been named a Super Lawyer in Elder Law annually since 2013.

Eastern Bank, Deloitte, and to Premier Sponsors: Quirk Motors, the Boston Foundation, Harbor Health, Stop and Shop, and the Stone Family Foundation.

Quincy Pride has volunteer openings if you are interested in assisting. Go to Quincy Pride website and click on "About/Volunteer" to find out how you could get involved.

For information on programming and related LGBTQIA+ events, connect with us on: Facebook.com/QPrideDay or www.quincypride.com.

organization whose mission is to promote acceptance, diversity, inclusion, and respect through advocacy and community engagement for LGBTQIA+ persons of all ethnicities.

Quincy Pride would also like to thank the sponsors this year. A special thanks to Arbella Insurance, Aspire, Bogan Tree, Blue Cross Blue Shield, City of Quincy, DCU Bank, Envision Bank, Fifth Generation Inc., Foxrocks, Manet Health, Quincy Chamber, Quincy Credit Union, South Shore Bank, Studio M Barbershop,

interactive media and game development; Martin McCormack majored in electrical and computer engineering; Maximilian Storch majored in civil engineer-

ing; Joe-Yee Yip majored in civil engineering; Calvin Zhang majored in mechanical engineering; and Howard Zheng who majored in mechanical engineering.

13 Quincy Students On SNHU President's List

Thirteen students from Quincy have been named to the President's List for the winter semester at Southern New Hampshire University.

They are:
Nathan Mailhot, William Butts, Jiajie Mai, Nha Ho, Adam Ouannass, Lauryn White, Michelle Dumas,

Patricia Grant, Gabrielle Christensen, Tracy Poirier, Yin Lok Ng, Gabriel Kemp and Christopher Melo.

Enjoy Your Garden After Dark with Landscape Lighting

By MELINDA MYERS

Enjoy your garden and landscape once the sun sets with strategically placed and attractive landscape lighting. Select the best type of light that complements your garden design and best accomplishes the intended purpose.

Solar powered lighting eliminates the need for outdoor outlets, extension cords or buried low voltage lines. The solar panels charge during sunny days and can be mounted on the light or on a long cord, allowing you to place the solar panel where it gets the most sunlight. Some lights turn on automatically at dusk, others have a manual on-off switch, and a few have a remote on-off control.

Votive and pillar candles are longtime favorites. Set them in a container on the table or line a pathway. Unfortunately, the wax does drip, there is a danger of fire, and the flame can blow out in a strong breeze.

Consider using battery-operated candles instead. These look and flicker like the real thing and eliminate some of the problems and dangers of candles. Look for those with remote controls or timers to make lighting your space hassle-free.

Use these battery-operated candles in decorative holders like the Dahlia Blossom Punched Metal Lanterns (gardeners.com). You'll enjoy the copper cut lanterns as garden art by day and the intricate light pattern they cast at night.

Pot up your favorite flowers and tropical and edible plants in solar illuminated planters. Luminous solar-powered planters are frosted white by day and can be programmed to display one color or set for color-changing mode. These pots have a ten-foot cord, allowing you to place the pots where the plants will thrive and connecting it to its solar panel in a sunny spot nearby.

Solar torch lights have



ENJOY AN AFTER-DARK glow on your patio or deck with retro Edison-bulb solar lights.

Photo courtesy of Gardener's Supply Company/gardeners.com

flickering lights that create a realistic look while lighting a pathway or sitting area. Use one to highlight a special spot in your garden or several to light a pathway, patio or larger space when entertaining.

Prevent trips and falls while also boosting safe access to your favorite outdoor spaces by lighting steps as well as pathways. Look for solar powered lights like Maxxa Solar Ninja Stars that can be mounted on steps, the ground, deck, wall, or other flat surfaces. The integrated solar panels come with a rechargeable battery.

Add overhead glow to patios, decks, or balconies with string lights. They come in a variety of styles to light up larger spaces or highlight your favorite tree. Multicolored waterdrop string lights will add a festive look to any space. Luminites Solar String Lights feature Edison bulbs that provide six to eight hours

of steady or gently flashing modes.

Add some fun, personality or added interest with specialty lights. Outdoor lights like the Twinklelite™ Solar Stake Lights have flexible branches covered with 120 LED bulbs. Twist and bend the branches to accomplish the look you desire. Then wait for the lights to turn on automatically at dusk.

Add some landscape lighting to help you enjoy quiet moments or festive gatherings in your gardens after dark. Select the best lighting options that are easy to use, complement your design and provide the needed lighting in your landscape.

Melinda Myers is the author of more than 20 gardening books. She is a columnist and contributing editor for Birds & Blooms magazine and was commissioned by Gardener's Supply for her expertise to write this article. Her web site is www.MelindaMyers.com.



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WHAT'S COOKING

with
Marie & Suzie

By MARIE D'OLIMPIO and SUZIE FALCO



Sautéed Sea Scallops Over Fettucine Alfredo

By MARIE

One of my favorite entrées is Sautéed Sea Scallops over Fettucine Alfredo. Not only is this a delicious and easy one to prepare, but so pretty when served - and presentation is so important when you are cooking for family and friends.

Ingredients that you will need:

1 pound of fettucine pasta
1 pound of sea scallops
1 tablespoon butter
1 tablespoon olive oil
Parmesan cheese
Heavy cream
Unsalted butter

Recipe for Alfredo sauce

1 stick of unsalted butter
1 cup freshly grated parmesan cheese
1 pint of heavy cream

Melt the butter in a sauce pan, add the parmesan slowly stirring and then add the pint of heavy cream.

Stir until warm and well blended.

Turn off heat and set aside.

To Prepare the Sea Scallops

2 tablespoons of oil (I used 1 tablespoon of olive oil and 1 tablespoon of butter)

In the hot oil and butter sauté the scallops turning until browned on all sides. Then when all browned, set aside.

While sautéing the scallops, boil the fettucine according to directions.

When fettucine is done, put the Alfredo sauce in a bowl. When pasta is done pour on the Alfredo sauce and stir together well.

Place the coated pasta on a pretty platter and top with the cooked scallops. This dish can be served with side salad, and crusty bread but it is also very delicious on its own.

Healthy Rice Pudding

By SUZIE

Rice pudding is one of my favorite desserts.

Normally loaded with cows milk, white sugar, and white rice (which means pretty much no nutrition or fiber.) This recipe takes the cake. Swapping the white rice for short grain brown rice (long grain will not get good results), real maple syrup (preferably Grade B), cinnamon (which modulates blood sugar) adding nuts (which add important monounsaturated fat, fiber, and minerals) and using coconut milk instead of cows milk (contains Lauric acid, a certain type of fat called MCT which your body loves) makes this dessert luscious and healthy.

RECIPE:

1 can organic coconut milk
Water (just enough to make the total liq-

uid content 2 3/4 cups)

1 cup short grain brown rice

1/4 cup unsweetened dried shredded coconut

4 tablespoons maple syrup (the real stuff)

3/4 tsp cinnamon

1/2 tsp nutmeg

1/3 cup slivered almonds or pistachios (or any nut of choice)

Combine milk, water, rice, and coconut in medium sauce pan and bring to boil over high heat. Reduce heat to low and stir. Cover and simmer about 50 minutes.

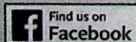
Stir in everything else except the nuts, until well combined.

Cover and remove from heat. Let stand for 10 minutes. Top with nuts. Serve hot or cold.

Seven Quincy Students On SNHU Dean's List

Seven students from New Hampshire University. Quincy have been named They are: Chelsea Hunt, Matthew Ruby and Maria Fernandez to the Dean's List for the Patrick Quirk, Kevin Depina. winter semester at Southern Alessi, Emmanuel Jose,

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**Public Access Channel 8**

Thursday, May 26
6:00pm: Bethany Congregational Church
7:00pm: NQHS vs. QHS Boys Volleyball 5/18

Friday, May 27
11:30am: AM Quincy: Quincy Asian Resources
8:00pm: NQHS vs. QHS Girls Lacrosse 5/24

Saturday, May 28
11:00am: Alive & Kickin'
1:00pm: NQHS vs. QHS Girls Lacrosse 5/24

Sunday, May 29
11:30am: Good News
1:00pm: The Call

Monday, May 30
10:45am: LIVE: Memorial Day Parade/Ceremony
7:00pm: AM Quincy: Porchfest

Tuesday, May 31
7:00am: LIVE: AM Quincy with Joe Catalano
10:00pm: Irish Whip Podcast

Wednesday, June 1
6:00pm: Good News
7:00pm: The Call

Government Access Channel 9

Thursday, May 26
4:00pm: Board of License Commissioners, 5/17
4:30pm: Zoning Board of Appeals, 5/24

Friday, May 27th 2022
9:00pm: TCPL Presents: Stephen Puleo

Saturday/Sunday, May 28/29
9:00am: Fire Prevention & You: Seasonal Safety
9:30am: State View: Rep. Bruce Ayers
10:00am: On Q, episode #4
11:00am: QHD Health Links: Aging Strong
12:00pm: City Council Finance Comm 5/23 & 5/25
4:30pm: Zoning Board of Appeals, 5/24
6:00pm: Fire Prevention & You: Seasonal Safety
7:00pm: City Council Finance Comm, 5/23 & 5/25

Monday, May 30
6:00pm: Fire Prevention & You: Seasonal Safety

Tuesday, May 31
4:00pm: LIVE: Board of License Commissioners
8:00pm: QHD Health Links: Aging Strong

Wednesday, June 1
6:00pm: In the Know, Norfolk County Sheriff
7:00pm: City Council Fin Comm FY 2023

Programming is subject to change.

For a complete list of programs, please visit our website at qatv.org

Movie Review:

'Downton Abbey: A New Era'

By BOB GARVER

It might not be the epitome of blockbuster entertainment, but I do understand the appeal of "Downton Abbey." The British television series, which ran from 2010-2015, is recognized as the most acclaimed "international" series in Emmy history. And of course, it developed a fandom based on its impeccable 1920's costumes and sets, as well as its intricate storylines and snappy dialogue. A post-series movie came out in 2019, and made just short of \$100 million at the domestic box office. That performance warranted a sequel with "A New Era." I don't think the new film will find the same success as its predecessor, as it's opening in a "New Era" of its own, one where theater attendance is way down. But I would love to be proven wrong, as this is a very enjoyable movie.

Everyone from the aristocrats to the servants has a story at Downton Abbey, with over 20 billed characters interacting. The movie does the abundant cast better justice than I can in my story summation. Dowager Countess Violet Crawley (Maggie Smith) inherits a villa in the south of France from an acquaintance she hasn't seen in decades. Her son Robert (Hugh Bonneville) brings his wife Cora (Elizabeth McGovern) and a host of family members and servants to the villa to meet the benefactor's son (Jonathan Zaccari) and hopefully uncover the nature of their parents' relationship (Robert fears the worst).

Meanwhile, Downton Abbey itself plays host to a film crew using the mansion for a location shoot, much to the chagrin of older family



and staff who consider movies vulgar. Robert's daughter and estate manager Mary Talbot (Michelle Dockery) oversees the chaos, including the film being changed from a silent to a talkie midway through. Lady Mary is quick to volunteer her services, which impresses director Jack Barber (Hugh Dancy). Diva actress Myrna Dalgleish (Laura Haddock) is rude to everybody, but changes her tune in humility when the changes don't play to her strengths. Dashing leading man Guy Dexter (Dominic West) takes up a relationship with head butler Barrow (Robert-James Collier). Former footballer Molesley (Kevin Doyle) discovers he has a gift for writing screenplays. And much, much more!

So much of this movie is just so pleasant. Problems like the production shutting down or a character's health scare never seem to last more than a single-digit number of minutes (raising the question as to why the health scare was included at all). Relationship successes, professional fulfillment, and moments to shine abound in the last act. It's almost too pleasant for a spell, like the happiness-to-sadness

ratio is distractingly unrealistic. But then there is an inevitable sad part, crucial to "Downton Abbey" lore, something that fans have probably been surprised has taken this long to transpire. But it's handled perfectly, with appropriate sensitivity and even trademark wit.

All the best things about "Downton Abbey" are out in full force in "A New Era," from the acting to the writing to the production design. I'd say it might be in line for an Oscar nomination or two if its release weren't buried so early in the year. Will there be more of "Downton Abbey," on big screen or small? My guess is yes, since absolutely everything gets run into the ground in this era. But I shudder to think of continuation, because this is the perfect stopping point for this franchise. Then again, I wasn't sure if "A New Era" would work, and my doubts have been proven unfounded.

Grade: B

"Downton Abbey: A New Era" is rated PG for some suggestive references, language and thematic elements. Its running time is 124 minutes.

Contact Bob Garver at rg251@nyu.edu.

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Social Security Matters Will My Husband's Benefits Continue After He Dies?

By **RUSSELL GLOOR**
National Social Security Advisor
at the AMAC Foundation, The Non-Profit Arm
of the Association of Mature American Citizens

Dear Rusty: My husband is 65 and I am 55. He has recently been diagnosed with terminal lung cancer. My question is, will I continue receiving his full social security check every month after his passing? Will the amount decrease? **Signed: Tearful Wife**

Dear Tearful Wife: So sorry to hear of your husband's condition. If he is now receiving Social Security benefits, when he passes your husband's Social Security payments will stop. You will be able to keep the payment received in the month your husband dies (which is for the previous month), but any payments made thereafter must be returned to the Social Security Administration (SSA). FYI, normally the funeral director who handles arrangements sends a death certificate to Social Security, which will stop your husband's SS benefits effective with the payment for his month of death. However, you should notify the bank which receives your husband's SS payment of his death, and they will automatically return any later incorrect payments to the SSA.

At age 55, you are too young to collect survivor benefits from your husband (unless you are disabled, in which case you can). You will first become eligible for a survivor benefit from your husband when you are 60 years old, but if you claim it at that time, it will be cut by 28.5% from the full amount. Your maximum benefit as your husband's survivor is 100% of the benefit he is now receiving, but you can only get the full amount by waiting until your own full retirement age (FRA) of 67 to claim it. Any SS benefit claimed before full retirement age is reduced.

If you are still working when you become eligible for your survivor benefit, you should be aware that Social Security will impose an earnings limit until you reach your FRA. The earnings limit changes annually (for 2022 it is \$19,560) but, if it is exceeded, SS will take away benefits equal to \$1 for every \$2 you are over the limit (half of what you exceed the limit by). If you work full time and your earnings are high enough, you may be disqualified from receiving survivor benefits (because your benefit amount may not offset the penalty for exceeding the earnings limit). The earnings limit applies until you reach your full retirement age, at which time your survivor benefit also reaches maximum (100% of the amount your husband was receiving at his death).

If you will also be eligible for your own SS retirement benefit (from your own lifetime work record), and your own benefit at maximum will be more than your survivor benefit, you can choose to take your survivor benefit first and delay claiming your own SS retirement benefit until it is more than your survivor benefit. Your own benefit will reach maximum at age 70 so you could, if desired, take your survivor benefit first and your own larger benefit later. Or, once you are 62 you can claim only your own reduced benefit first and allow your survivor benefit to reach maximum at your full retirement age. In other words, you have a choice of which benefit to claim, and you should try to maximize the one which will give you the highest benefit for the rest of your life. But remember, the earnings test will apply to any benefit you claim before reaching your full retirement age.

This article is intended for information purposes only and does not represent legal or financial guidance. It presents the opinions and interpretations of the AMAC Foundation's staff, trained and accredited by the National Social Security Association (NSSA). NSSA and the AMAC Foundation and its staff are not affiliated with or endorsed by the Social Security Administration or any other governmental entity.

To submit a question, visit amacfoundation.org/programs/social-security-advisory or email ssadviser@amacfoundation.org.

My Personal Exercise Program

Wayne L. Westcott Shares Final
Practical Fitness Column With Readers



WAYNE WESTCOTT

First, I want to thank each of you who has read one or more of my fitness columns in *The Quincy Sun*. Writing these exercise articles has been a most enjoyable and reinforcing experience for me, and I am most appreciative to our excellent editor, Bob Bosworth, for enabling me to do so.

Second, it is with much sadness that I must discontinue both my work at Quincy College and my bi-weekly fitness columns in this outstanding newspaper. My wonderful wife, Claudia, is fighting cancer, and I need to spend as much time as possible with her.

Third, I want to thank all my associates at the South Shore YMCA (where I was privileged to direct the Fitness Programs for 25 years), all my associates at Quincy College, (where I was privileged to direct the Exercise Science Programs for 16 years), and everyone in the City of Quincy with whom I have been privileged to interact personally and professionally during the past four decades. It is an amazing city, with a very special community of people who make working here most pleasant.

For my final fitness column, I would like to share my personal exercise program as a guide for those who have not yet developed a general fitness program or specific training protocols. The encouraging news is

that I have been following this general fitness program safely and successfully for decades. The discouraging news is that my exercise performance has declined gradually over the years (for example, lower weight loads, slower running times, shorter bicycle rides), but that is a natural part of the aging process. The important news is that regular exercise is the best means for attaining and maintaining health-related physical fitness at any age.

Resistance Training Program for Musculoskeletal Fitness

Research on resistance exercise (including numerous studies that we have conducted) provides the following general guidelines for increasing muscle strength and size in a safe, effective, and efficient manner. (1) **Exercise Selection** – Perform 8 to 12 exercises that cumulatively engage all of the major muscle groups; (2) **Exercise Frequency** – Perform 2 or 3 total body training sessions per week; (3) **Exercise Resistance and Repetitions** – Use weight loads that enable completion of 8 to 12 properly executed repetitions; (4) **Exercise Progression** – Increase the weight load by approximately 5 percent when 12 repetitions can be completed; (5) **Exercise Sets** – Perform 1 to 4 sets of each exercise; (6) **Exercise Range** – Perform each

exercise through a full/pain-free movement range; (7) **Exercise Speed** – Perform each exercise at a moderate/controlled movement speed; and (8) **Exercise Breathing** – Breathe continuously, exhaling during lifting actions and inhaling during lowering actions.

I prefer to use a variety of resistance exercise modes, including free weights, cable weights, body weight, and resistance machines. My free weight exercises include barbell bench presses (chest, front shoulders, triceps), barbell incline presses (front shoulders, chest, triceps), barbell shrugs (upper back, neck), dumbbell bent rows (middle back, rear shoulders, biceps), and dumbbell incline curls (biceps). My cable weight exercise is the triceps press down. My body weight exercises include chin-ups (middle back, rear shoulders, biceps), and bar dips (chest, front shoulders, triceps). My resistance machine exercises include leg presses (front thighs, rear thighs, hips), abdominal flexions, and low back extensions. These 11 exercises address most of my major muscle groups, with more emphasis on my upper body muscles (just my personal preference).

I typically perform 3 to 4 sets of my free weight, cable weight, and body weight exercises, but only 1 set of my resistance machine exercises

(due to the well-designed, carefully engineered, and muscle-challenging resistance curves).

With respect to resistance and repetitions, I select weight loads that permit me to perform about 10 repetitions (free weights, cable weights, resistance machines). However, my body weight repetitions depend on the exercise. Chin-ups have always been hard for me, so I typically do sets of 5 to 7 repetitions each. Bar dips have always been easy for me, so I typically do sets of 20 to 25 repetitions each.

As an old-timer, I need more recovery between strength training sessions than younger adults. Consequently, my 2 weekly workout days are Wednesdays and Saturdays.

Aerobic Activity for Cardiovascular Fitness

Research on aerobic training offers the following general guidelines for improving both cardiovascular fitness and heart health.

(1) **Exercise Selection** – Perform any large muscle continuous activity, such as

Cont'd On Page 10



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Chamber To Host Farmers Market On Fridays

By SCOTT JACKSON

The Quincy Chamber of Commerce will be hosting its own farmers market in Quincy Center's Kilroy Square on Fridays starting next month and continuing into the fall.

The Board of License Commissioners on May 17 granted a common victualler license to the Quincy Chamber for its market, which will be known as the Kilroy Square Farmers Market. It will be open from noon to 5 p.m. on Fridays between June 17 and Oct. 28.

Tim Cahill, the president of the Quincy Chamber, said this year's market would feature the same setup with in Kilroy Square – which is located on the former Hancock Lot – as last year's market.

"This farmers market will be exactly what it was

last year, except the Chamber will be overseeing it so we will be the responsible party for it, setting it all up, getting reservations and populating it," he said.

Cahill said the market will have between 20 and 25 vendors on a weekly basis, and will feature artisans in addition to farmers.

"What we're doing with the farmers market this year...is adding some artisans, crafters, that we've had in other markets that we've run so we can fill the spots and give people more opportunities and bring a bigger crowd, and it will supplement the farmers," Cahill said.

"We were kind of small last year with just a few, we kind of lost some over the years, so we're trying to build it back up. We've still

got a steady stream of farmers, I think two or three in total, plus a lot of auxiliary – honey, maple syrup, all kinds of stuff there as well."

The Chamber has also been reaching out to farmers markets in nearby communities to find additional vendors.

"We're still growing it, reaching out to Braintree, to Milton, to the other communities around us that have them on separate days," he said. "We feel very confident it is going to be bigger than last year, hopefully better than last year, and we will have a little bit more variety than last year."

Cahill said he did not anticipate any breweries or wineries participating in the farmers market this year, but noted the Chamber does have a beer garden running elsewhere in Kilroy Square

this season on Thursdays, Fridays and Saturdays between 3 and 9 p.m.

The Quincy Farmers Market, which had been running the market in Quincy Center, will be relocating to St. Chrysostom's Church on Hancock Street in Wollaston this summer, according to their website. The market will operate on Sundays from 1 to 5 p.m. between June 26 and Oct. 30.

In other business on May 17, the Board of License Commissioners granted a special-use permit and one-day liquor license to Quincy Pride for the Q Pride Day on Sunday, June 5 at Pageant Field. The event is scheduled from noon to 6 p.m.

Hive Brewing will be providing beer and wine service for the event, according to Richard Ash, and food trucks will also be available.

U.S. Attorney Investigating City's Opposition To L.I. Bridge

Cont'd From Page 3

of which is within Quincy's city limits, though fully owned by Boston, and accessible only via Squantum. The original Long Island Bridge was closed without warning in 2014 and demolished the following year.

In the spring of 2018, the Quincy City Council approved two ordinances related to Boston's proposal to rebuild the bridge.

The first banned non-passenger vehicles from two Squantum streets that provide access to Moon Island. Boston Police and Fire Department vehicles traveling to and from Moon Island are exempt from the ban, as are delivery vehicles servicing residents of those two streets and the Nickerson Post.

Secondly, the council approved an amendment to Quincy's zoning code that requires the Planning Board grant a special permit before any new bridge can be built in the city. One bridge – the Generals Bridge in Quincy Center – has undergone that permitting process since the change was made to the zoning code.

That same year, the Quincy Conservation Commission rejected Boston's proposal to rebuild the bridge, saying Boston did not provide adequate information about the project. That rejection is the subject of ongoing litigation between the two cities.

In his statement, Koch said his office would cooperate with federal prosecutors.

"First and foremost, we'll be happy to work cooperatively with the US Attorney's inquiry and provide any and all information that has been requested," Koch said. "All we have right now is an information request, so it is hard to speak on specifics, or what further action may lie ahead."

"We have told Boston officials we are willing to work with them toward a solution, and we have also said from Day One that the City of Quincy does not object to the plan to restore the treatment campus on Long Island. The issues are access points through Squantum

that Boston's own analysis stated were inadequate and the flawed bridge proposal that poses practical and environmental issues that the Quincy community has every right to raise."

Quincy has asked Boston for information relative to its planned recovery campus on Long Island, Koch continued, but Boston officials have not been forthcoming with that information. Koch said he was hopeful his administration could learn more about the proposal by working with the US attorney.

"The US Attorney's Office is concerned that Quincy's efforts relate to the recovery campus. The fact is Boston has shared very little with Quincy officials about what they intend to do on the Island, and all we have asked for is information," Koch said. "Much of what we learned has been through third parties, and Boston sought and won a court order to prevent us from discussing this information. We hope that, working with the US Attorney, we can all learn more about what is planned, and together develop a plan that will work for Boston and Quincy and the broader issue of opioid treatment and recovery."

"On that broader issue, I simply will not accept any premise that suggests Quincy has not done its part to protect and support the most vulnerable members of our community. We take a backseat to no one on this issue, and the record is clear. That includes millions of dollars of investment for a treatment center and recovery services; nationally recognized, first-of-a-kind interdiction programs; and millions of dollars more to help create a housing resource center that will be a statewide model for ending the tragic cycle of homelessness."

"Far from discriminating against people suffering from addiction, this community is a leader in the Commonwealth and the nation in providing life-saving and life-changing services to our residents. It's a story we will be happy to share as this process moves forward."

'City Of Generals' Documentary Highlights Quincy's 'Modern Day Patriots'

The Office of Mayor Thomas P. Koch has released "City of Generals, Quincy's Modern-Day Patriots," a documentary highlighting the story of seven military generals from Quincy.

The film captures the City of Quincy's patriotic traditions and dedication of the Generals Bridge and Park in Quincy Center last fall featuring seven of the generals, all of whom can be referred to as modern-day patriots. They include General Joseph F. Dunford (ret.), 36th Commandant of the U.S. Marine Corp & 19th Chairman of the Joint Chiefs of Staff, General James C. McConville, 40th Chief of Staff of the U.S. Army, General Gordon R. Sullivan (ret.), 32nd Chief

of Staff of the U.S. Army, Major General Francis M. McGinn, U.S. Army National Guard, the late Major General Charles Sweeney, U.S. Air Force, the late Major General Stephen T. Keefe, U.S. Air Force Reserve, and Brigadier General Ronald T. Rand, U.S. Air Force (ret.).

"The idea of ordinary people doing extraordinary things is something that has made Quincy a special place since the settlement at Mount Wollaston," Mayor Thomas Koch said. "The documentary preserves the legacies of these military leaders in a City that has always celebrated our patriotic roots. The mayor was executive producer of the documentary along with The Quincy Foundation.

"During the build of the Generals Bridge and Park, we interviewed each of the living generals and some of their family members," Koch said. "They spoke about their ties to Quincy, their military life and offered their thoughts on leadership. I can't think of a more genuine example to encourage our young people and our entire community to be their best than those we honor directly and indirectly with the Generals Bridge."

The documentary features sit-down interviews with Dunford, McConville, Sullivan, McGinn and Rand as well as Colonel Joseph Sweeney, son of Maj. General Charles Sweeney and David Keefe, son of Maj. Gen. Stephen Keefe, along with world-renowned scul-

tor Sergey Eylanbekov, who crafted the sculptures and busts that reside in the Generals Park.

Added Mayor Koch:

"More than 17,000 men and women from Quincy answered the call to serve over the past two and a half centuries, some making the ultimate sacrifice to preserve our freedom. The documentary celebrates Quincy's rich and patriotic history."

The documentary is available for viewing on www.QuincyGenerals.com with full-length interviews of each honoree also available on the website.

"A proud City thanks all our active and retired military for their service," Koch said.

My Personal Exercise Program

Cont'd From Page 9

walking, jogging, running, hiking, cycling, rowing, swimming, and dancing; (2) **Exercise Frequency** – Perform 2 to 6 aerobic training sessions per week; (3) **Exercise Duration** – Perform between 20 and 60 minutes of aerobic activity during each training session (4) **Exercise Intensity** – Perform aerobic activities at a moderate exercise effort. This varies inversely with the exercise duration.

For example, walking may be appropriate for a 60-minute exercise session, jogging may be appropriate for a 40-minute exercise session, and running may be appropriate for a 20-minute exercise session. You prefer to monitor your heart rate as an internal indicator of

your exercise intensity. If so, I recommend training at about 60 percent of your maximum heart rate for a 60-minute activity session, about 70 percent of your maximum heart rate for a 40-minute activity session, and about 80 percent of your maximum heart rate for a 20-minute activity session. Your maximum heart rate is estimated to be approximately 220 minus your age in years (for example, at age 73, my maximum heart rate is estimated to be about 147 beats per minute).

I try to perform 3 higher effort aerobic training sessions each week, interspersed with 4 lower effort aerobic activity sessions each week. My higher intensity aerobic sessions include running, biking, and

hiking. My lower intensity aerobic sessions are always walking, and basically serve as active recovery days. As I have mentioned in previous columns, I am partial to interval training in my running, biking, and hiking workouts. Interval training is a very effective exercise protocol, in which higher-effort exercise segments are alternated with lower-effort exercise segments throughout the activity session. For example, instead of running 6 laps around the high school track at a moderate pace, I would run the first half of each lap at a faster pace, and the last half of each lap at a slower pace. Interval training is more challenging physiologically and psychologically, but (in my experience) the en-

hanced training benefits are well worth the effort.

My sincere appreciation to each of you for reading my exercise articles, and my genuine encouragement to begin or continue a sensible activity program for increased physical fitness and improved personal health.

Wayne L. Westcott, Ph.D., is Coordinator of the Quincy College Exercise Science Department and the College/Community Fitness Center. He has written 30 books on physical fitness and strength training, as well as strength training chapters for 9 National Personal Trainer Textbooks. Wayne has been a strength training consultant for all 5 United States military forces and for 6 NFL football teams.

More Quincy news:

The Quincy Sun.com

On Monday, May 9, members of the Quincy Police Drug Control Unit were conducting an investigation in the Squantum section of the city.

Detectives were dressed in plain clothes and operating unmarked, non-traditional police vehicles. Detectives were assisted by K9 Officers Foley and Dabilis and their single purpose, drug detection K9 Partners Charlie and Karl.

At approximately 6:45 p.m., detectives observed a white Mercedes SUV traveling on East Squantum Street just beyond Quincy Shore Drive. Detectives conducted a query of the Mercedes and learned that the registered owner had been arraigned on several occasions for 94C (drug) violations. The query also revealed that the registered owner had an active warrant for his arrest.

Detectives conducted surveillance on the vehicle. The vehicle parked at a location on Dorchester Street. The operator, a male, exited the driver's seat. Detectives were able to identify the operator as the registered owner. The operator was able to enter the rear door of a multi-unit building before detectives could encounter him.

At approximately 7:30 p.m., detectives observed the operator exit the rear of the building and enter the Mercedes. Detectives followed as he traveled from Squantum to Quincy Shore Drive. Officer Foley, who was on Quincy Shore Drive at the time, was able to conduct a motor vehicle stop of the Mercedes on the Neponset Bridge in Quincy. Officer Foley contacted the operator and asked him to step from the vehicle. Officer Foley advised the operator that he had a warrant for his arrest. He was placed into custody without incident.

A Job Well Done

By QUINCY POLICE SGT. KARYN BARKAS
Public Information Officer
Quincy Police Department

Pursuant to department policy, and prior to the Mercedes being towed, an inventory of the vehicle was conducted. During the inventory search, detectives located a black Smith & Wesson Semi-Automatic .380 handgun in the center console along with a switchblade knife and brass knuckles. The firearm was loaded with 8 rounds in the magazine and 1 in the chamber. With a gloved hand, a detective seized the firearm and rendered it safe. Detectives demanded the operator to produce a License to Carry Firearms, which the suspect was unable to do.

Detectives located 5 vials of liquid, a spring assisted knife, a baton, and pepper spray in the vehicle. Detectives searched a black backpack that was located on the floor behind the front passenger seat. The following items were located inside the backpack: a silver zip lock bag that contained 25 small blue round pills (Steroids); 19 chocolate bars packaged individually in brown boxes labeled Infinite Magic Mushrooms Milk Chocolate; a key chain pill holder that contained various tablets; a packaged Suboxone strip, a prescription bottle that contained approx. 79 orange round tablets labeled AD/30 (Methamphetamine); a prescription bottle (unlabeled) that contained 14 white oblong tablets labeled G13 and D25 (Gabapentin); 2 liquid vials, a pay

stub with the operator's name, a work ID with his name and photograph,

The 36-year-old male from Boston was arrested and transported to the Quincy Police station. During the booking process, detectives seized \$670 and an iPhone. Detectives field tested the various tablets. In addition to the warrant, the suspect was charged with the following: carrying a loaded firearm without a license, possessing a firearm in a felony (drug trafficking), unlicensed possession of a firearm, illegal possession of ammunition, unsecured firearm, carrying a dangerous weapon X2 (brass knuckles/knife), trafficking Class B (methamphetamine), possession with the intent to distribute Class C (mushrooms), possession with the intent to distribute Class E X2 (steroids/gabapentin), possession with the intent to distribute Class B (suboxone).

The \$670 and iPhone were seized as the money is believed to be proceeds from illegal drug transactions and the phone is believed to have facilitated said transactions. All drug evidence was packaged and logged into evidence and will be sent to the Massachusetts State Police Drug Lab for further analysis.

All non-drug evidence was packaged and logged into BCI evidence.

The firearm was packaged into evidence and will be sent to the Massachusetts State Police Lab for fingerprints, DNA, and ballistic analysis. The firearm along with (2) .380 rounds was forwarded to QPD BCI Detective Landry and the remaining rounds were packaged into non-drug evidence.

Great work!

QUINCY POLICE CRIME AWARENESS JOURNAL

FRIDAY, MAY 13

LARCENY (cell phone) 1:48 p.m., Hancock Street. See the caller in the police lobby. Someone stole her cell in Target. She can see that the phone is in Sudbury. Officer DiMattio left voicemail with suspect to contact Quincy Police regarding iPhone in her possession. Advised.

VANDALISM/PROPERTY, 2:09 p.m., Washington Street. Car spraypainted in front of post office. Report filed.

BREAKING AND ENTERING/PROGRESS (male on the porch), 3:43 p.m., 123 Elm St. Male is ripping the screen off on the porch. Male is known to her. Female yelling - hung up. Did not give a unit number. Will not answer on callback. Brewster notified. Male party in custody. Party under arrest going to BMC for medical evaluation. X2 transporting to BMC. X5 patient refusal. Breaking and entering, malicious destruction of property.

ASSAULT AND BATTERY (past), 4:58 p.m., South Street. Assault and battery in the past. Report to be filed.

LARCENY (packages), 5:42 p.m., Arlington Street. Caller had some packages delivered and the packages were stolen. Officer states this is more of a mental health issue than a larceny. She was advised and given a case number.

VANDALISM/PROPERTY (property damage), 6:03 p.m., Narragansett Road. Caller says neighbor damaged fence. Ongoing neighborhood dispute. All parties advised. CP to follow-up.

BREAKING AND ENTERING/ATTEMPT (fighting), 7:13 p.m., Granville Street. Caller states he caught someone breaking into house. Caller has him detained. Male attacking two males. Male party is saying that he's going to kill the other two men. EMS. One to SSH. Report to be filed. Landlord tenant issue.

SATURDAY, MAY 14

VANDALISM/PROPERTY (sp bottle of gas), 3:28 p.m., Windsor Road. A plastic laundry detergent bottle was thrown into reporting party's garage (door was open). Is filled with gasoline, spilled out onto the floor in garage. Caller is home now. Caller advised.

LARCENY (\$500 phone), 5:51 p.m., Broad Street. In QPD lobby. Reporting party states her boyfriend took money and her phone from her wants to speak to an officer. Brewster requested/notified Carney.

SUNDAY, MAY 15

LARCENY/MOTOR VEHICLE, 10:35 a.m., Ricciuti Drive. See employee of auto auction to report a stolen vehicle. Officer will file report and bring in stolen vehicle form.

LARCENY (bicycle), 2:11 p.m., Kendall Street. From backyard. Has pictures of bike. Officer will file.

MONDAY, MAY 16

LARCENY/MOTOR VEHICLE (scooter/razor), 4:47 a.m., Nelson Street. Officer returning with stolen vehicle form. Report to file. 2021 Black Razor 150 with red and white pin stripes.

VANDALISM/PROPERTY (black Honda Accord), 9:10 a.m., Washington Street. Car scratched, possibly keyed. Reporting party thinks the business next door is responsible. Reporting party is out with the car now. Report-

ing party states his friend has a snapchat of the incident. Case number provided, no suspect information.

LARCENY (package), 9:28 a.m., Canton Road. Incident closed. No suspect information. Case number provided and online reporting explained.

LARCENY (debit card, Mass ID 300 IN), 12:50 p.m., Southern Artery. South Wing. Trespass notice given to stay off grounds of 1000 Southern Artery. Hardcopy in file. Report to be filed.

LARCENY (coin drop stolen), 3 p.m., Furnace Brook Parkway. In the laundry room now. Washer and dryer were vandalized. Two coin boxes filled with quarters are gone. Landlord not on scene. He will call QPD back when he arrives at the above location he has all the info needed to report.

TUESDAY, MAY 17

LARCENY/MOTOR VEHICLE, 4:31 a.m., Taffrail Road. Officer gave reporting party a stolen vehicle form. Reporting party to bring the paperwork in on the day shift.

BREAKING AND ENTERING/PAST, 8:57 a.m., Furnace Brook Parkway. Report to be filed.

LARCENY (backpack), 10:14 a.m., Copeland Street. In QPD lobby. Reporting party states her backpack was taken around noon on May 15. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (past), 11:22 a.m., Southern Artery. Friend's girlfriend kicked the door open about 30 minutes ago. She fled the area. He does not know her name. 21-year-old female wearing gray hoodie, black leggings and yellow crocs. Report to be filed.

LARCENY/MOTOR VEHICLE (Pontiac), 1:35 p.m., Quincy Avenue. Report to be filed.

BREAKING AND ENTERING/ATTEMPT (past), 4:24 p.m., South Street. Caller in QPD lobby. Caller states that an attempted B&E happened on April 15. She would like to speak with an officer. Report and charges to be filed.

WEDNESDAY, MAY 18

LARCENY/MOTOR VEHICLE (just occurred),

12:39 a.m., Furnace Brook Parkway. White Honda Pilot, unknown direction. Caller left the vehicle running while he went in to buy something. State notified. Report.

LARCENY (computers), 12:48 p.m., Heritage Drive. Caller states three computers were possibly stolen. Caller has info.

LARCENY/MOTOR VEHICLE (grey Jeep), 4:05 p.m., Adams Street. Renter just took off out of parking lot. They went right towards Furnace Brook up hill. Reporting party states suspect had an outstanding balance and they told her she couldn't rent the car. Suspect started swearing at reporting party yelling and took off in the vehicle.

THURSDAY, MAY 19

LARCENY/MOTOR VEHICLE (ex-boyfriend), 6:09 a.m., Copeland Street. Caller says her ex-boyfriend took her car and said he's not coming back. Caller was not owner of vehicle - it was a rental. Was rented by someone else out of Lawrence. The rental is good until Friday, May 20. The caller was advised about the situation.

LARCENY (checks), 9:11 a.m., Granite Street. By daughter's husband.

LARCENY (tools), 11:52 a.m., Chick Street. See caller Tony's Clams.

Total Calls For Service: 1,045

Breaking & Entering Motor Vehicle: 600 block Quincy Shore Drive, Moffat Road, Willard Street, Royal Street, Atlantic Street, Brook Street, 1000 block Furnace Brook Parkway

Breaking & Entering in the Past: West Squantum Street, Johnson Avenue, Taffrail Road

Larceny Motor Vehicle: Adams Street, Quincy Avenue, Taffrail Road, Nelson Street, Ricciuti Drive

Breaking & Entering Attempt: South Street, 1000 block Southern Artery, Granville Street

Breaking & Entering in Progress: Elm Street

Concerts On The Lawn June 4: Grayson Ty

The Crane Public Library invites the public for its first Concert on the Lawn of the summer Saturday, June 4 from noon to 1 p.m. The concert will feature Pop/R&B singer Grayson Ty.

Bring a blanket or lawn chair and catch some rays while listening to great music on the front lawn of the Main Library in Quincy Center.

Western Massachusetts-based singer-songwriter Grayson Ty has mastered the art of vulnerability. Entirely unpretentious, his stage presence is easy, genuine, and unguarded. In an era of so much disconnection and artifice, Grayson brings audiences together with his honest, heartfelt lyrics, and soulful, soothing voice.

Following a sold-out release show for his debut EP Believe, Grayson has shared the stage with American Idol winner Nick Fradiani, Heather Maloney (Signature Sounds), and Crystal Bowersox (American Idol runner-up) among

others. Believe earned regional and international acclaim as Grayson toured extensively.

Grayson's impeccable songwriting brings out the best of his full range, from R&B crooning and folk-inspired storytelling to masterful pop riffs and earnest lyrics. He believes deeply in the connective power of music, working as a music therapist by day, and collaborating as co-writer with other songwriters. Grayson's most recent single, "Fall Again," has rapidly gained over 29,000 streams on Spotify and was highly-reviewed by journals across the United States and Europe. His music can be found on all platforms, as well as at <https://www.graysonty.com>.

In case of inclement weather, this program will be moved into the Community Meeting Room at the Main Library.

Visit the Crane Library's Events Calendar online for more information. The concert is sponsored by the Friends of the Thomas Crane Public Library.



Real Estate

Quincy Real Estate Transactions May 16 - May 20

Transactions are compiled by the Norfolk County Registry of Deeds

SELLER

Alvaro T. Delval & Andrea H. Navarro
Josephine Florio
Alexa J. Lee & Ian Sutherland
MKBA Realty Trust
Simon Faynzilberg & Svetlana Shakhovich
Sheila M. Fennelly Irrevocable Trust
Elias Lefas
Ann G. Walsh
Andrei MacKenzie
Liam Fleming
365 Newport Ave LLC
Jiaxin Cai
Richard A. & Marilou Carmichael
Timothy M. Chandler
William, Derelyn, Dean, Charles C,
Linda, Darin & Nancy Campitelli
Kent M. & Lindsay S. Willis
Michela Dixon
Xiangdan You & Peijiang Su
Thong V. Nguyen & Serenus Hua
Cecelia E. & Erin E. Broshahan
Rodolfo A., Ofelia V. & Christine Villanueva
Sabastian B. Gonzalez
Davy Thach & Dao Ha
SJK & Company LLC
Michael C. & Rose Kenny
Lai & Co
Emily & Vivian Revocable Family Trust

BUYER

Sayedul Hasan & Amitasha Sinha
Christopher B. & Grace E. Henry
Andrew Brettell & Yannou Solomon
Zhan Group LLC
Shihui Zeng & Jing Lin
26 Common St LLC
Son N. Pham
Jason L. Phillips & Torrie K. Arquette
Jerrod R. Ford & Shelby A. Kostal
Gilmar Batesin
Matthew M. Lei & Sisi Huang
Gordon H. Wong
Xiwen He & Lianghong Huang
Christopher Callinan & Pamela L. Irvin

AMOUNT

\$668,000.00
\$550,000.00
\$822,855.00
\$375,000.00
\$651,000.00
\$425,000.00
\$745,000.00
\$779,000.00
\$470,000.00
\$280,000.00
\$710,000.00
\$540,000.00
\$655,000.00
\$811,100.00

ADDRESS

2 Cliveden Street Unit 304E
9 Canton Road
61 Williams Street
190 School Street
146 Quincy Shore Drive
26 Common Street
39-41 MacDonald Street
14 Eaton Road
166 Quincy Shore Drive Unit 111
16 Albertina Street
365 Newport Avenue
166 Quincy Shore Drive Unit 107
55 Dysart Street
52 Ratchford Street

30 Whiton Avenue
137 Billings Street Unit 2
200 Falls Boulevard Unit C-302
97 Cummings Avenue
59 Bartlett Street
205 Independence Avenue Unit 223
12 Harrison Street Unit 12
71 Cleverly Court
27 Oval Road
215 Thomas Burgin Parkway
750 Willard Street Unit 4B
230 Willard Street Unit 102
500 Washington Street Unit 403

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NYM Realty
Lirui Huang
Komborero & Vongai M. Shoko
Naushad K. & Nisrin N. Kapasi
Xiaofang He
Anallah Khan

O'Donnell Promotes MA Homestead Act

Register of Deeds William P. O'Donnell is reminding Norfolk County homeowners about the importance of filing for Homestead protection.

"If you own a home, and it is your primary residence, you have an automatic homestead exemption of \$125,000. However, if you file a Declaration of Homestead at the Registry of Deeds, the exemption increases to \$500,000," O'Donnell said. "The Homestead law provides a homeowner with limited protection against the forced sale of their primary residence to satisfy unsecured debt up to \$500,000 if they have filed. This is especially important when you consider that for most of us, a home is our most valuable asset. Consumers should take steps to protect that asset."

Another feature of the Homestead law is the al-

lowance for the filing of an Elderly Homestead Declaration, which defines an elder as a person who is 62 years of age or older and provides protection of \$500,000 for each qualified person.

"Back in March of 2011," O'Donnell noted, "the Homestead law was updated so that a valid Homestead cannot be terminated when refinancing a mortgage. Other changes that took place back in 2011 state that a Homestead can provide protections for a primary home even if it is held in a trust. The definition of a primary residence was also expanded to include a manufactured or mobile home."

While the Homestead statute provides important protections for homeowners, it is important to note there are certain debts that are exempted from protection under the Homestead Act. These include federal,

state and local tax liens, as well as mortgages contracted for the purchase of a primary home and nursing home liens. Most other mortgages, debts, and encumbrances existing prior to the filing of the Declaration of Homestead, along with probate court executions for spousal and child support, are also not covered under the Homestead protection statute.

Declarations of Homestead are recorded at the Registry of Deeds for a state imposed fee of \$36.

Additional information about the Homestead law, and the forms are available at no cost by going to the Registry's website at www.norfolkdeeds.org.

"I want to reiterate that a Homestead provides limited protection against the forced sale of a homeowner's primary residence to satisfy unsecured debt up to \$500,000," O'Donnell said. "While the debt is still owed, homeowners can have peace of mind knowing that with

a Homestead recorded at the Registry of Deeds, their primary residence cannot be forcibly sold to satisfy most debts. If you have any questions about a Homestead, please contact our Customer Service Center at 781-461-6101, Monday through Friday between the hours of 8:30 a.m. to 4:30 p.m. Our trained staff are more than willing to answer any questions you may have."

The Norfolk County Registry of Deeds is located at 649 High St. in Dedham. The Registry is a resource for homeowners, title examiners, mortgage lenders, municipalities and others with a need for secure, accurate, accessible land record information.

All land record research information can be found on the Registry's website www.norfolkdeeds.org.

Residents in need of assistance can call the Registry of Deeds Customer Service Center at (781) 461-6101, or email registerodonnell@norfolkdeeds.org.

On-Line Tee Times Now Available At Furnace Brook Golf Course

Mayor Thomas Koch announces that the City of Quincy's Furnace Brook Golf Course is now offering on-line bookings for tee times. The nine-hole course is now a public course and open to all.

Players interested in tee times and course information can log onto www.furnacebrookgolfcourse.com or www.quincyma.gov and book a tee time through the online system. The public can book tee times four days in advance.

"We are opening up to a new audience at Furnace Brook and the response has been quite positive," said Commissioner of Natural Resources Dave Murphy. "The course is in great shape and I am amazed at how many Quincy residents have never played there before. We welcome folks to give it a try and I think you will be pleased with such a great, local, accessible, and affordable golf course."

Greens fees for Quincy residents range from \$30 for a weekday nine-hole round to \$55 for 18 holes on the weekends and holidays. Special rates apply for senior and junior golfers.

The Department of Natural Resources has partnered with ForeUp a national company known for golf course software. They help run the online booking system and the course website.

Added Murphy, "We are carving out a niche as a great local nine-hole course. Our team has done a good job preparing us for this inaugural municipal -season and we are in full swing right now. Its great to see the girls high school program, the members, the leagues, and the general public and find a place to play and have fun."

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Koch Seeks \$25M For Capital Projects

By SCOTT JACKSON
Mayor Thomas Koch recently asked the City Council to borrow \$25 million to pay for capital improvement projects, including the construction of a new animal shelter.

Koch submitted three separate bond requests totaling \$25 million to the council on May 16. The items were referred to the council's finance committee for consideration at a future date.

The largest bond request,

\$15 million, is for the construction of a new animal shelter. The new shelter will be located on Quarry Street near the city's dog park, replacing the animal shelter on Broad Street. The shelter is being relocated as part of the plan to construct a new public safety headquarters at the site of the current police station at 1 Sea St.

City councillors in 2017 approved a \$3.55 million bond for the new animal

shelter—half of the \$7.1 million Koch originally sought for the project. Councillors at the time were hesitant to fully fund the new shelter before the design of the new facility was finalized.

In addition to the animal shelter, Koch is also seeking to borrow \$7 million for repairs and improvements to city-owned buildings and land as well as \$3 million for the purchase of vehicles and equipment.

Councillors OK \$162M In Departmental Budgets

By SCOTT JACKSON
During the first of three planned sessions to review Mayor Thomas Koch's proposed spending plan for the fiscal year that begins on July 1, city councillors approved 18 individual budgets totaling \$162.61 million.

Councillors made one cut that evening, trimming \$77,260 from the budget.

The council's finance committee met on May 18 to begin their review of Koch's proposed \$372.73 million general fund budget for fiscal year 2023, which represents an increase of \$26.74 million or 7.7 percent from the current fiscal year's budget of \$345.98 million. Two additional committee hearings were scheduled for this week.

Councillors can cut money from the budget but cannot add to it.

The one change to the budget councillors made at the May 18 meeting related to the budget for retirement and pensions. That budget pays the normal operating costs of the pension fund and unrelated to the \$475 million pension obligation bond the mayor requested and councillors approved last year, said Eric Mason, the city's municipal director.

The \$77,260 cut to that budget was initiated after city auditor Susan O'Connor said the Public Employee Retirement Administration Commission had sent the city a letter revising the ap-

propriation down by that amount. Ward 5 Councillor Charles Phelan Jr. made the motion to cut the \$77,260 from the budget, which was approved by voice vote.

With the change, \$7.35 million will be budgeted for retirement and pensions in the new fiscal year, down from \$7.5 million this fiscal year.

The largest budget approved on May 18 is the budget for health insurance at \$57.25 million, an increase of \$3.25 million from the \$54 million set aside for health care costs in the current budget. Health care costs represent the second largest item in the budget overall, after the Quincy Public Schools.

The second largest budget approved that evening is for debt service. The city will pay \$43.3 million towards debt service in the new fiscal year, up from \$32.84 million in the current fiscal year. The budget includes a more than \$6 million increase in the line item for debt service on the pension obligation bond, which will rise from \$9.5 million this year to \$15.67 next year. The mayor previously said the debt service payments would increase over the next two years before leveling off for the remainder of the pay-back period and would save the city \$120 million in the long run.

Separately, councillors approved the budget for short-term debt, which will

decrease from \$4.28 million to \$4.02 million.

Councillors also approved the budget for the Quincy Fire Department on May 18. The department will see its budget increase by \$632,000 to \$28.73 million next year.

Also approved at that evening's meeting was the \$9.83 million reserve fund budget. That budget includes \$5.75 million to be allocated to the city's stabilization or rainy fund, \$250,000 for the OPEB trust fund, and \$3.82 million for employee raises. The city is in the process of negotiating new contracts with each of the unions representing municipal workers and that money can be disbursed once those deals are finalized. Chris Walker, Koch's chief of staff, said the negotiations have been productive and positive, and some could be finalized soon.

Other departmental budgets approved during the meeting include Municipal Finance (\$1.87 million), Purchasing (\$310,000), Assessors (\$1.45 million), Treasurer/Collector (\$1.11 million), Legal (\$846,000), Human Resources (\$554,000) and Planning (\$1.24 million).

Also approved that evening were budgets for Medicare (\$2.67 million), tax title (\$50,000), worker's compensation (\$1.57 million), court judgments (\$350,000) and unemployment (\$100,000).

Two Quincy Students Featured In Fashion Show

Two Lasell University students from Quincy recently participated in "RUNWAY 2022: Reimagined." The shows featured original design work from more than 70 students and a production team of more than 150 behind-the-scenes student leaders.

Brittini Bastiani and Kayla Graulau, both of Quincy,

presented original design work at the undergraduate showcase.

This marked the first year since 2019 that RUNWAY was held fully in-person, though the show was also made available virtually through a livestream.

RUNWAY is held annually and showcases the

work of Lasell University students studying fashion design and production, fashion merchandising and management, and fashion media and marketing; as well as students from a variety of majors at the University who provide business, production, marketing, and modeling support.

Flag Day Parade, Fireworks June 11

Fireworks Display Returns To Black's Creek/Pageant Field

Mayor Thomas Koch announces the city's annual Flag Day Parade and fireworks spectacular will take place on Saturday, June 11th. The parade will step off at 7 p.m. in Quincy Center and the fireworks will launch over Black's Creek starting just after 9 p.m.

This year's parade will feature bands, floats, color guards, specialty units, and hundreds of flag-waving youngsters from the numerous youth groups in the city. The parade steps off on Coddington Street, heads north on Hancock Street, before turning down Merry-mount Parkway and ending at Adams Field.

"Flag Day is the unofficial start of the summer season in Quincy," Koch said. "The patriotism, the traditions, and the participation of so many members of our community make this a truly special event. It's great to see our community come together as one to celebrate our nation's flag and all the good that it represents. I look forward to seeing everyone at the parade."

The Quincy Flag Day Parade is the longest running Flag Day parade in the country, beginning in 1952. Richard Koch started the Flag Day Parade by marching the young people from the youth organization The Koch Club through Norfolk Downs. Koch's goal was to encourage patriotism in young people and let them



QUINCY'S FLAG DAY celebration Saturday, June 11 will culminate with a fireworks display over Black's Creek starting just after 9 p.m. The fireworks can be viewed from Pageant Field. "Pageant Field in Merrymount Park is a great spot to watch the fireworks with the giant 50' by 80' flag flying in the foreground," said Mayor Thomas Koch. "The intimacy of the site is unlike any other place that you can watch fireworks." The fireworks were cancelled in 2020 due to COVID and moved to Quincy Bay in 2021 to allow for more people to spread out while watching the amazing display.

Quincy Sun File Photo/Robert Bosworth

participate in the parade and not just spectate. That tradition continues 71 years later.

This year the fireworks will return to Black's Creek. The fireworks were cancelled in 2020 due to COVID and moved to Quincy Bay in 2021 to allow for more people to spread out while watching the amazing

display.

The Parade Committee will also be honoring a Grand Marshal and the annual Richard J. and Simone G. Koch Youth Service Award winner during the parade. Those award winners will be announced next week.

Added Mayor Koch: "Pageant Field in Merrymount Park is a great spot to watch the fireworks with the giant 50' by 80' flag flying in the foreground. The intimacy of the site is unlike any other place that you can watch fireworks."

Wollaston Congregational Church Yard Sale June 4

Wollaston Congregational Church, 48 Winthrop Ave. is will hold its annual yard sale on Saturday, June 4 from 9 a.m. to 1 p.m.

Items will include jewelry, dishes, kitchenware, books, toys, furniture, elec-

tronics and maybe something for Fathers Day. Come early for a coffee or come at lunch and enjoy a hotdog while you shop.

Indoor and outdoor so no rain date.

Bethany Congregational Church

Bethany Congregational Church will have a regular service Sunday.

Music will be provided by Paul Frazer, and Rev. Patrick McCorkle will preach his sermon. There will be no church school this week. Coffee Hour will be held after services, with coffee, light refreshments and good conversation.

The Sunday Service will be available online via YouTube. Go to the church website for the link, or directly to YouTube. For all events at Bethany Church, masks

and sanitizer are available.

Broad Horizons Preschool is open and accepting students both full and part-time, for both the summer session and for the fall. To inquire and/or fill out an application, go to the website at Broadhorizonsbethany.com or call 617-471-0022.

Bethany Congregational Church is located at 18 Spear St., Quincy. Church website is: bethanycongregchurch.org. Email address is: bethanycongregchurch@yahoo.com. The telephone number is: 617-479-7300.



Armando Agnitti, Esq., CISR
Anthony Agnitti, CIC, LIA

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Stop The Stigma 5K Raises \$100,000 For Mental Health

Proceeds From Interfaith Social Services' Annual Race Will Provide Counseling Sessions For South Shore Residents In Need

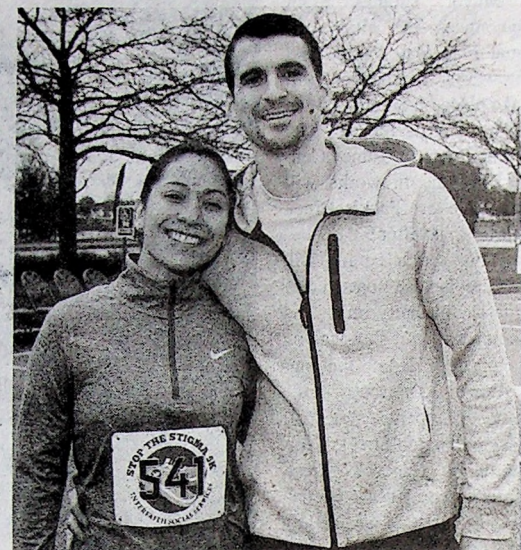
A record number of participants took part in Interfaith Social Services' recent Stop the Stigma 5K, raising more than \$100,000 for mental health counseling sessions for those in need. The event is held annually to encourage awareness and acceptance of mental health and addiction issues while raising funds for Interfaith's New Directions Counseling Center.

Now in its 48th year, this year participants could opt to run or walk in an in-person race, or virtually take part on a date and course of their choosing. More than 600 individuals signed up for the in-person event, held April 30 at the Kennedy Center in North Quincy. Another 100 participants chose to join virtually.

Proceeds from the Stop the Stigma 5K help offset the cost of thousands of mental health counseling sessions each year for clients at Interfaith's New Directions Counseling Center. The Center serves anyone seeking counseling but prides itself on being a safety net for the uninsured and underinsured members of the community by offering services on a sliding scale fee system. A single 5K registration alone funded one counseling session for a neighbor in need.

Jon Eng of Quincy finished first in the in-person race, with a finish time of 18:59. In the males, under 40 years category, Eng was followed by Mike Barrera of Quincy and Mason Tran of Quincy. In the males, 40+ category, Jeremy Whitelock of Scituate took first place, followed by Steven Young of Woburn and Joe Sennott of Franklin.

Allison Zaccheo of Columbia, MO, was the fastest female, with a finish time of 20:05. In the females, under 40 years category, Zaccheo



ARIANA AND JAMES LANZE, of Quincy, share a moment before the Stop the Stigma 5K.

Photo Courtesy Hurley Event Photography



SERENA BLIEDUNG, of Quincy, stopped for a photo after participating in the Stop the Stigma 5K.

Photo Courtesy Rocky Taverna

was followed by Lauren Manning of Charlestown and Taryn Miller of Quincy. In the females, 40+ category, Kyla Triveri of Milton took first place, followed by Bridget McCaffrey of Arlington and Kerry Troup of Quincy.

Many participants in the 5K expressed feeling a connection with the event's mission of reducing mental health and addiction stigmas. Participants were en-

couraged to write the name of the person they were running or walking for on a

#StoptheStigma



STOPPING FOR A PHOTO at the recent Stop the Stigma 5K are (from left to right) Shivpreet Singh, Alessandra Micco and Mihaela Rusu, all of Quincy.

Photo Courtesy Hurley Event Photography



PEGGY MANSFIELD of Quincy, right, and her family, participated in the event.

Photo Courtesy Hurley Event Photography

large banner before the race. Several participants shared anonymously after the race:

• "I have one loved one who did not beat the odds. I have another loved one who has been clean for more than three years. [Interfaith's]

services have meant the world to him."

• "My daughter's eating disorder and my own struggles with anxiety and depression are key reasons I run."

• "I am lucky to be able

to afford mental health care but access to mental health resources should be free and accessible for all."

The 2022 Stop the Stigma 5K is sponsored by many generous local

Cont'd On Page 35



WARD 3 COUNCILLOR Ian Cain both sponsored and participated in the event.

Photo Courtesy Hurley Event Photography



MEMBERS OF TEAM ARBELLA posed for a photo at Interfaith Social Services' 2022 Stop the Stigma 5K race. Arbella Insurance Foundation was a lead sponsor of the event and assembled a 50-person team to participate in the annual 5K.

Photo Courtesy Hurley Event Photography

NQHS Students Crowned Quiz Show Champions

Cont'd From Page 1

a presentation at the school on Monday). "I didn't come into the season thinking we would win. It's just nice to see hard work pays off."

"I just remember Kaitlyn having the most shocked expression ever. It was shocking," Romeo added. "As Sophie said, it was over two days, so I did not have time to process how everything was feeling. Especially, being new to the team, I didn't know how it felt previously."

"I think after every match before the finals when they panned to our faces at the end, there is always a delayed reaction before we smile because I think we're being good sports. They're like the winner of this episode is North Quincy and there is always a second of blank [faces], we're so stressed out, and then we smile," Dang said. "But at the championship match, the moment they announced we were like freaking out. I saw Peter dancing and I was like, oh my God, we actually did it."

"It was at least three years of work for two days of game play. It was something that we have been working towards for years," Malvesti said. "I think with any goal or milestone in a person's life, there is a shift in how you feel from before you won to after."

Several team members said they had been interested competing on the WGBH program since before they started high school. Dang's sister, Celeste, who is also Vu's cousin, was on North's team in 2013, when the school also took home the

championship, and both were in the studio when it happened. Malvesti said he began studying for the quiz show the summer before his freshman year.

Malvesti was on the team in ninth grade, when the group did not qualify for the show. Dang and Vu joined him on the team last year when the team qualified for the show and made it to the semifinals. Romeo joined the team this year, replacing a team member who graduated last school year.

Enbar-Salo, an alternate on this year's team, recalled doing trivia days while remote learning during the pandemic and being invited to participate in the quiz team by Dang after one of those days. Nerine, also an alternate, said she wanted to join the group because she had been friends with the other members.

Members of this year's team began meeting over the past summer through Zoom and the team was fully formed after the start of the new school year. The team, and other interested students, has been meeting every Wednesday morning before school for practice sessions with a teacher asking questions. The six team members have also been meeting over Zoom on Saturdays during the school year and have competed against other schools outside of the WGBH program.

To qualify to be on High School Quiz Show this year, the team participated in Super Sunday in November. More than 100 high schools from across Massachusetts took part in Super Sunday, which features a test admin-

istered online. The teams with the 15 highest scores all qualified to be on the show along with two wild cards.

Despite appearing in the semifinals last year, members of the team said they weren't sure they would qualify to compete again this season.

"I don't think there has ever been a Super Sunday where we were confident that we would qualify," Malvesti said. "It's always something we worry about."

"This year I think we were a little bit unsure of whether or not we would make," Vu added. "Not a little – very unsure."

High School Quiz Show is a single-elimination tournament, and each match features four separate rounds. North Quincy won every round in the matches they appeared in this year and the team did not get a question wrong in the category round, during which all four participants work together to answer each question, in any of those games.

North Quincy opened the tournament with a win against Hopkinton, then bested Weston in the quarterfinals and Mansfield in the semifinals. The team did not have much time to process the win against Mansfield before facing Andover in the final match.

"We won the semis and then they were immediately like here is a Zoom link, go to the finals, and I don't think we really had time to process it," Vu said.

"There was a technical error earlier, so it was like semifinals, boom, finals," Romeo said.

"I don't think it really hit that we were in the finals until after we had won," Vu added. "Everything was really just rapid – and we were the champions."

Dang, Enbar-Salo and Nerine and Vu said they planned to watch the final game together on Saturday at North Quincy High School with selected guests.

"We're doing a watch party with invited guests, like family members, teachers that have supported us since day one, that kind of thing," Vu said. "We're just doing a quick kind of watch party to watch the episode."

Malvesti and Romeo also planned to be at the school on Saturday, getting ready for a play put on by the drama club that same evening.

"Peter is in the play – it's the Addams Family so he plays Fester – and I'm doing the music...so there is a screen in the middle of the stage we use to show screen changes and we're going to project it onto there and watch it before the play," Malvesti said.

Another screening of the final episode was scheduled for Monday in the school's auditorium, with some teachers taking their classes to watch the match. The team also planned to unbox their trophy at Monday's screening, which would be the first time the six of them see it.

The championship also comes with a \$1,000 cash prize, plaques, and bragging rights.

"We can dunk on all the other schools," Romeo said. "Especially the private ones."

Three staff members at

North Quincy who have worked with the team, Peggy Farren, Danielle Fernandez and Mera Kriz, said they were impressed by the work put in by the students.

"For me anyway, watching the team has been truly inspirational because it's been a very difficult couple years for students, absolutely, for teachers," Fernandez said. "They did this on their own. They were completely self-motivated."

"They really work hard too – they are very hard workers," Farren added. "If you're bright, people just think, 'oh, you're naturally bright,' I don't think they realize that if you're number one in the class, you're working [hard]."

"And they are a team," said Kriz. "They are united like an actual varsity sports team. A sports team is great because of the camaraderie that is created from it and that is exactly what they've created."

North Quincy High School has now won the High School Quiz Show twice, in 2013 and in 2022. This year's team members hope there is not another nine-year gap between championships.

"One of the reasons we were excited about getting onto the TV round and kind of being able to publicize our episodes is that we want to be able to make sure the quiz bowl team continues to grow and find success, even after we leave, because we're all juniors," Vu said.

"We want to make sure there is not a nine-year gap between now and NQ's next championship, so we've

already kind of started that process by talking to other classmates, getting them excited about quiz bowl, asking them to come sit in on our meetings, participate, and just try to cast out our net so people know about quiz bowl."

This year's team also hopes to repeat as winners of the WGBH competition next year, when they will all be seniors.

"We are trying to go for it two years in a row," Romeo said.

"We are trying to win as seniors – go out with a bang," Vu added.

The six team members are also planning their own futures after high school. All six of them said they plan to attend a four-year college after they graduate from North.

Enbar-Salo said he would like to study psychology as an undergraduate and then pursue a master's or a doctorate in the field. Nerine said she is undecided on a major but is leaning toward studying the humanities, possibly politics, journalism or writing. Vu said she would likely major in political science or government as an undergraduate and then go to law school.

Romeo said he would like to study history or another one of the humanities in college, and see what happens from there. Dang said she is interested in computer science and computational biology, and dreams about being able to go to space one day. Malvesti said he wants to study filmmaking in college and hopes to be a screen writer.

Councillors Press For Details On ARPA Spending

Cont'd From Page 1

cue Plan Act, a \$1.9 trillion package that was signed into law that month.

Two months later, Koch said the city would use \$15 million in ARPA money, including funds given directly to Quincy College, to purchase the Munroe Building in Quincy Center and a nearby parking lot. Koch has also used federal money the city has received over the past two years, including funds from the 2020 Coronavirus Aid, Relief and Economic Security Act, for various initiatives within the Quincy Public Schools.

In September, Andronico introduced a resolution asking for a report on ARPA spending to date and calling upon the administration to gather public input to determine how the remaining money should be used. Andronico in February introduced a second resolution seeking an update on the ad-

ministration's use of ARPA money.

The Ward 2 councillor renewed his call for an update on the ARPA money during a May 18 hearing on the budget for the city's Planning Department for the new fiscal year after Chris Walker, the mayor's chief of staff, said one former Planning Department employee was now in an ARPA-funded position responsible for seeking grants from the \$1.2 trillion infrastructure package approved by Congress last fall. Andronico asked Walker why the administration had not provided an update on the ARPA money in the nine months after the first resolution was approved.

"We've passed two resolutions on this," Andronico said. "I was just curious if you're able to say the total number that's been expended thus far or what might be remaining. Con-

sidering we're talking about budget deliberations, I think this might be pertinent to our discussions."

Walker said the full report was still being put together and added that councillors have access to information on the ARPA spending on a line-by-line basis.

"There are some guidelines that have changed that have come down from the state and the federal government that have not delayed but just added to the work of putting together a full report," Walker said.

"I would say that on a line-by-line basis that any number is available to this body at any time. No one is keeping any secrets. There is nothing being hidden. What we wanted to do is put together a full report on where we are. There has been nothing major expended that this council doesn't know about as far as I know. This is a great story that we

will be telling to this body, to the public, based upon the federal moneys received the last two years."

In response, Andronico said he guessed the presentation "is really going to knock my socks off because you've been working on it a very long time." Councillors do have access to information on the ARPA money, he added, and more than \$36 million of the funds the city received have been spent, leaving \$8.95 million remaining.

"Over 80 percent of those funds have been expended to date and still the public doesn't fully understand where that money has gone," Andronico said.

Palmucci later asked Walker when the report would be made available.

"I felt like I was in a time machine and went back like ten years to when Mr. Walker was the press secretary, because we got some shake

and bake there, a little bit of spin. That wasn't some chief-of-staff response. That was something different," Palmucci said.

"Is there a report? Is it being worked on? Is someone assigned to it? When could we expect it? Is there a date certain?"

Walker said the report should be ready before the council recesses for the summer. Walker said it was he who was responsible for putting it together, and he was in the midst of doing so.

"Frankly it is my responsibility to put a final report together. I need to go through these line items one by one to make sure everything is taken out of municipal-finance-ese and into a way that we're being transparent, and you can understand where that money is being spent," Walker said.

"That's on me. The mayor has been on me to get this done. He has mentioned it

to me more than one time. We're fully aware that we need to produce that report for you."

Palmucci then asked if there would be any ARPA money left to spend by the time the report is provided. Walker replied that not all of the funds would be encumbered by that point.

Walker added that the "vast majority" of ARPA spending to date has already been "fully discussed [and] vetted publicly, announced publicly" and councillors had been informed about items within their wards. There are a number of smaller items, he said, "that take time to work through and identify explicitly what they are." Walker also said the update would provide information on the city's use of CARES Act money in addition to the ARPA money.

Palmucci said he had no doubt the federal money

Cont'd On Page 16

\$126.44 Million School Budget Proposed

Cont'd From Page 1

for the current school year.

The City Council's finance committee on Monday approved the bottom line number for the school system's budget. The School Committee will determine how the funds within the budget are allocated; the committee was slated to meet Wednesday to review the budget and will reconvene on June 1.

The lion's share of the proposed budget for the school system, \$120.84 million, comes from the city's general fund; that number is up \$3.54 million from the current school year. The school department will also receive \$5.6 million in Circuit Breaker funding from the state, an increase of \$600,000 from the current fiscal year.

Supt. Kevin Mulvey said the proposed budget for the new school year is student-

and staff-centered, with a goal of keeping class sizes in check.

"We always look at our class sizes to make sure our class sizes continue to be the envy of the South Shore," he said Monday. "Our class sizes has always been an area that we are very, very proud of - keeping those class sizes small for our students so they have the very best opportunity to learn from our excellent educators."

The social and emotional wellbeing of students is another priority within the budget, Mulvey said.

"We're also focused this year on the social-emotional wellbeing of our students," he said. "The last two years, as you know, has been a great struggle for many of our students getting through COVID and struggling with the educational challenges that were associated with the pandemic."

The budget provides funding to hire 4.2 full-time equivalent (FTE) academic classroom teachers to account for class sizes. Teachers will also shift between schools in some cases to help address class size.

The proposed budget would add six FTE academic classroom teachers at North Quincy High School, two at South West Middle School, two at Parker Elementary School, one at Squantum Elementary School, and 0.2 at Central Middle School. Three teachers would be shifted away from Clifford Marshall Elementary School, two would shift away from Quincy High School, and one each would shift away from Merrymount and Montclair Elementary Schools.

The budget would also provide funds to hire five FTE academic program teachers, including 1.5 FTE special education teachers,

one FTE physical education teacher, one FTE occupational education teacher to expand programs at both high schools, one FTE English language learning teacher, and a 0.5 FTE art teacher.

Also included within the budget are 5 FTE paraprofessionals for special education needs; one paraprofessional who would work in the office at Broad Meadows Middle School, something other schools already have; a school psychologist at South West Middle School; a new, non-teaching assistant principal at Montclair Elementary School; and funding for 0.45 elementary assistant principals previously paid for by a Title I grant.

During Monday's meeting, Councillor Anne Mahoney thanked Mulvey and his staff for providing a breakout of the full-time equivalents for each position within the budget.

"One of the things I love about the Quincy Public Schools budget is you do that for us, so we know what our '22 full-time em-

ployees are versus what your '23 asks are...It is very valuable for the public to see how many people work for our administrations and most importantly for our schools," Mahoney said. "We don't get that breakout on the city side."

Councillor Nina Liang asked Mulvey for an update on the planned hiring of a new equity, diversity and inclusion director, who will serve on the superintendent's leadership team. Mulvey said the new director could be hired by the end of this week.

"The EDI position is nearly complete. We have an offer on the table to a candidate and we're just waiting to get a response from that person," Mulvey said. "We should hopefully have that by the end of the week."

James Mullaney, the school department's director of business affairs, said the position was not included in the proposed budget for the new school year. The position will instead be funded for three years through Elementary and Secondary

School Emergency Relief Fund money provided to the district by the federal government.

Councillor Noel DiBona asked the superintendent if there was an update on the new DeCristofaro Learning Center in Wollaston, which will primarily serve students with autism, including some who are currently enrolled in programs outside of the district. Mulvey said the new school should open in two years from September and the School Committee will receive an update on the project before the end of the school year.

"When you do see those plans, you're going to be extremely impressed. It is an impressive facility, state-of-the-art, that will be a model throughout the state for educating students with autism," Mulvey said.

"I think you as a City Council will be extremely proud of that facility. We certainly are extremely proud of that facility and can't wait for it to be open and service the students of Quincy."

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Councillors ARPA Spending

Cont'd From Page 15

would be spent in a way that it benefits the city's residents but stated the administration should have sought public input on how to use the ARPA funds, like some other communities did.

"Some towns and cities are having public hearings and asking for residents' ideas similar to what you did with...Quincy 400," Palmucci said. "I just think the public should have a voice - maybe not through us but at least some sort of

public process."

Palmucci also noted the state legislature could make up to \$2 billion in additional federal funding available to municipalities after July 1, and asked Walker to make a commitment to not spend any funds Quincy receives from that allocation until after the presentation on ARPA spending to date is made. In response, Walker reiterated that the update would be provided before July 1.

In the end, councillors did approve the proposed \$1.24 million Planning Department by voice vote on

May 18. The department's new budget represents an increase of about \$155,000 over its current budget.

Councillor Nina Liang said the increase would go towards a language-access project the department has been working on, led by Melissa Pond.

"I wholeheartedly support this department and budget. I know I sound like a broken record, but I cannot acknowledge enough Melissa's work and your team's work to really make this so successful," Liang told Jim Fatseas, the city's planning director.

REQUEST FOR PROPOSAL

REQUEST FOR PROPOSAL

REQUEST for PROPOSAL

CITY OF QUINCY, MASSACHUSETTS
PURCHASING DEPARTMENT
1305 HANCOCK STREET, QUINCY, MA 02169

The City of Quincy invites sealed bids/proposals for furnishing and delivering to the City of Quincy:

PARK DEPARTMENT

**Professional Turf Management Services
at FURNACE BROOK PARKWAY GOLF COURSE**

JUNE 9, 2022 @ 12:00 P.M.

The City of Quincy, Department of Natural Resources shall determine the selected proposer(s). The City of Quincy reserves the right to withdraw the Request for Proposals; to reject any and all proposals; and to accept any proposal deemed to be in the best interest of the City of Quincy.

In accordance MGL Chapter 30B and Chapter 30 39M the City of Quincy, acting on behalf of all City Departments, are soliciting proposals to provide **Professional Turf Management Services** at the Furnace Brook Golf Course.

Proposals will be received at the office of the Purchasing Department; City Hall; 1305 Hancock Street; Quincy, MA 02169, until **JUNE 9, 2022 @ 12:00 p.m.**

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM

Bids/Proposals must be in a sealed envelope. The outside of the sealed envelope is to be clearly marked "RFP ENCLOSED" with time/date of bid call. Price proposal will be in separate sealed envelope. Last question will be received until **June 3, 2022 at Noon.**

Bids/Proposals will be received at the office of the Purchasing Agent until the time and date stated above. Late Bids/Proposals, delivered by mail or in person, will be deemed non-responsive and rejected.

If applicable, bids shall be in accordance with M.G.L. Chapter 30B, Chapter 149 as amended, and Chapter 30, Sections 39A, 39B and 39F-R.

The City reserves the right to reject any or all bids or to accept any part of a bid or the one deemed best for the City and waive any informalities in the bidding if it is in the best interest of the City to do so.

Thomas P. Koch, Mayor
Kathryn R. Logan, Purchasing Agent

Parks Budget On Hold

By SCOTT JACKSON

City councillors on Monday put their hearing on the park and forestry budget on hold, requesting additional information related to the Furnace Brook Golf Course, and are expected to take up the budget again on Wednesday.

Mayor Thomas Koch's proposed budget for fiscal year 2023, which starts on July 1, would allocate \$4.36 million to parks and forestry, up from \$3.39 million in the current fiscal year.

In a memo sent to city councillors on Saturday, David Murphy, the city's commissioner of natural resources, said the increase in the budget is "due primarily to a full year of costs associated with the Furnace Brook Golf Course." Murphy noted councillors

in the fall approved adding \$403,000 to the budget for fiscal year 2022 to run the course for the first six months of the calendar year, and said the fiscal year 2023 budget would include funds to run the course for a full 12 months.

In that same memo, Murphy said the golf course is projected to create a surplus of more than \$200,000 during the first six months of this calendar year. That surplus is largely due to when membership dues are paid, he said Monday; more than \$480,000 in membership dues will be collected by the end of June.

Councillor Anne Mahoney made the initial request to put the budget hearing on hold Monday. She suggested Murphy could

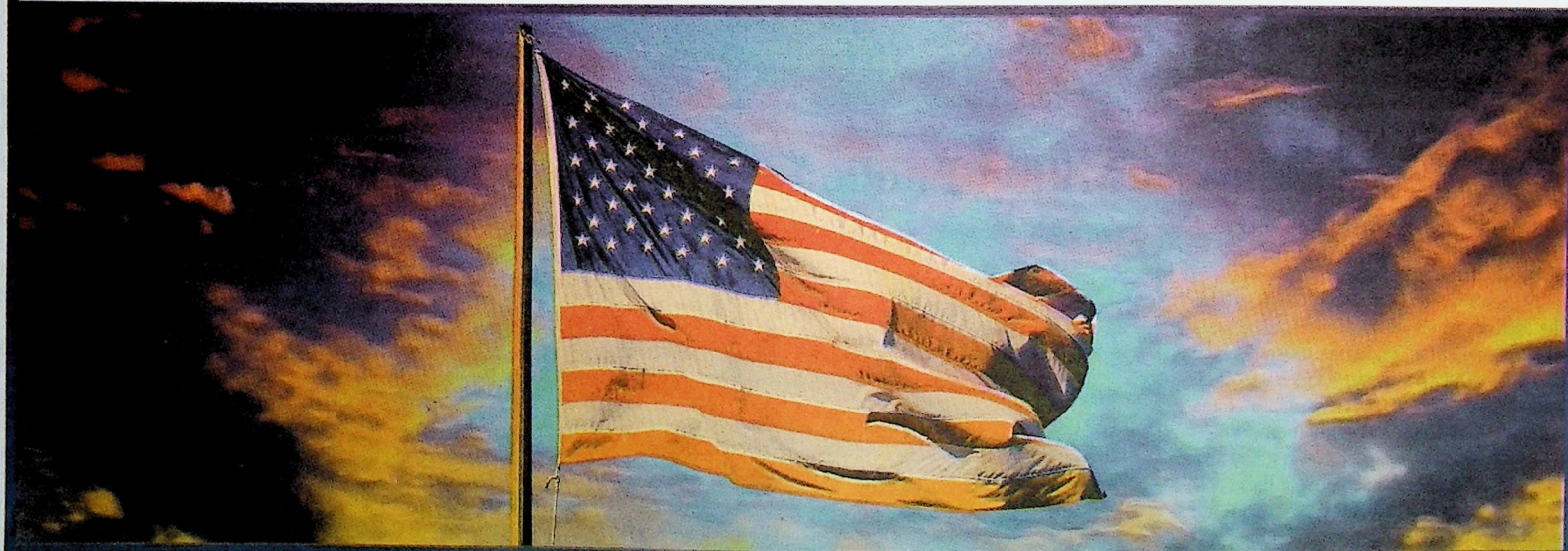
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MEMORIAL DAY

"...It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced.

It is rather for us to be here dedicated to the great task remaining before us—that from these honored dead we take increased devotion to that cause for which they here gave the last full measure of devotion—that we here highly resolve that these dead shall not have died in vain—that this nation, under God, shall have a new birth of freedom, and that government of the people, by the people, for the people, shall not perish from the earth."

- President Abraham Lincoln, November 19, 1863



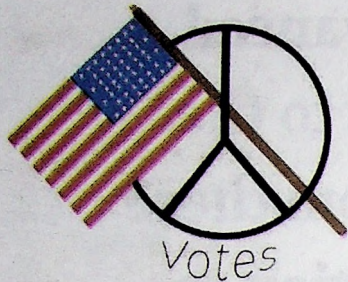
"Remembering the meaning of Memorial Day."

Mayor Thomas & Christine Koch

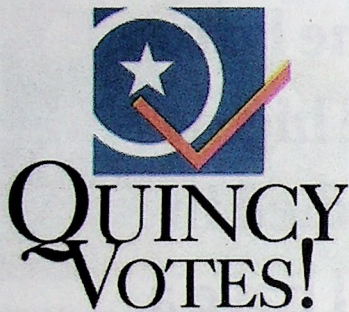
Residents Invited To Help Choose Voting Group Logo

Quincy Votes!, a new volunteer group that aims to inform and empower all community members in Quincy to engage in local issues and to substantially increase voter turnout in city elections, invites residents to vote for its new logo.

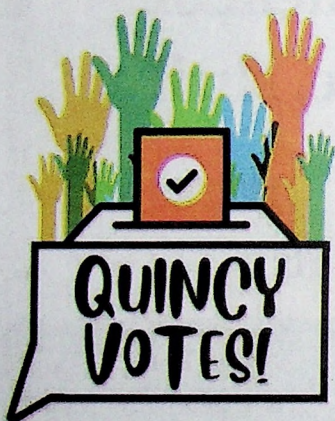
Local high school and college students submitted 15 designs for consideration. Visit <https://bit.ly/quincyvoteslogo> by May 27 to vote for your top three choices. The three winning designers will receive subscriptions to The Quincy Sun and cash prizes of \$250, \$100, or \$50, generously donated by QATV, "Uncle Sam" Rounseville, and Quincy Votes! members. The winning design will become the new logo for Quincy Votes!



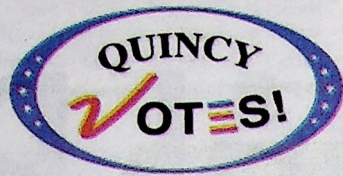
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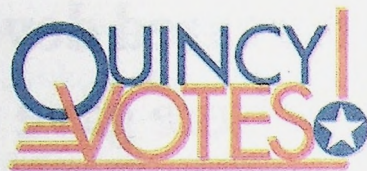
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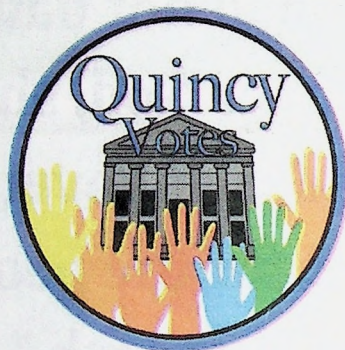
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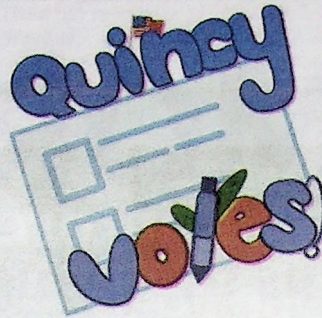
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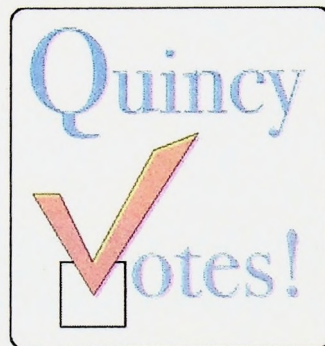
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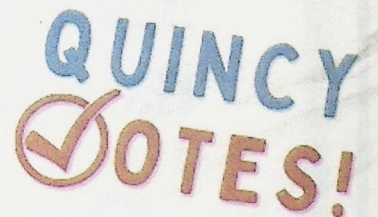
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Visit <https://bit.ly/quincyvoteslogo> by May 27 to vote for your top three choices. The three winning designers will receive subscriptions to The Quincy Sun and cash prizes of \$250, \$100, or \$50, generously donated by QATV, "Uncle Sam" Rounseville, and Quincy Votes! members.

New Exhibit At Milton Public Library Wotiz Gallery June 1-30

The Milton Public Library will host a new exhibit in its Wotiz Gallery which you may view from June 1-30.

Milton teacher Beth Neville will exhibit the artwork of about 20 of her students this month including budding artists Janice Shannon, Andy Beliveau, Kirsten Maclean, Patty Harrington, Heather Putnam, Lana Agnew, Mary Kane and many more.

Landscapes, seascapes, flowers, and animals are primarily the subjects of these colorful paintings and drawings. The displayed pieces use a variety of media including watercolors, oils, colored pencils, and pastel. These amateur artists have been improving their creative skill under the mentorship of this talented art instructor and they will very much enjoy sharing their work with those who come to visit us this month.

There will also be a free and open reception held on Thursday, June 2, from 5-6:30 p.m. in the first floor Gallery.

For more information, email librarian Jean Hlady at jhlady@ocln.org or call her at (617) 898-4964.



"SAILBOAT IN HARBOR at Twilight" watercolor by Kirsten Maclean on display at the Milton Public Library June 1 - 30.



"PORCH STEP FLOWERS" watercolor by Heather Putnam on display at the Milton Public Library June 1 - 30.

Houghs Neck Garden Club Annual Plant Auction June 1

The Houghs Neck Garden Club will hold its annual Plant Auction on June 1st at 7 p.m. at the St. Thomas Aquinas Church Hall on Darrow Street.

This year the club invites the public to come and join the fun. The public is welcome to donate that plant you are so proud of, but that now wants to take over your garden, and see who might love to have that very plant for the bald spot in their yard.

Auctioneer Cynthia Lewis, whom you may know from the Manet Community Center, sometimes

starts the bidding for as little as \$1. There will be plants that you can't get at Home Depot or Lowe's. Garlic,

potatoes, Angel wing begonia. There has even been a night-blooming Cereus in the past.

Free admission and refreshments.

The auction begins at 7 p.m. on June 1 at St. Thom-

as Aquinas Hall on Darrow Street. Come earlier if you are donating a plant.

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*All loans subject to credit and underwriting approval. Rates and terms subject to change without notice. Annual Percentage Rate (APR) is variable monthly based on the Prime Rate published in the Wall Street Journal on the 4th day of each calendar month (or, if the 4th day is not a business day, as published on the prior business day), effective the 5th day of the month. Prime rate as of 5/4/22 is 3.50%. APR will be as low as prime minus 0.50% (but never lower than 4.50%) with automatic monthly payment deduction from a Bank of Canton checking or savings account ("autopay"), and prime without autopay. Establishing autopay at time of loan origination is required to receive 0.50% APR discount; if account is closed or if autopay ceases, the APR could increase. Maximum APR for first five years is 6.00% with autopay, and 6.50% without autopay. After five years, maximum APR becomes 18%. 1-4 family owner-occupied homes in MA not held in trust are eligible. Maximum loan-to-value is 75%. Maximum line amount is \$350,000. Property insurance required. Flood insurance may be required. Consult tax advisor regarding deductibility of interest. Other rates, terms and programs available.



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Join us in celebrating two Quincy community champions at the QCARE 35th anniversary celebration!

The 2022 Arthur Keough Children's Champion Honorees:



DR. MARK JAEHNIG

Dr. Mark Jaehnig is the founder of the Sacred Heart Basketball League and was the active director for 30 years!



MARALIN MANNING

Maralin Manning is a longtime advocate of the city's business community and a selfless, dedicated volunteer for many local non-profit and human services organizations.

The Arthur Keough Children's Champion award honors a member of the community who exemplifies a commitment to expanding learning opportunities for children or supporting families in need.

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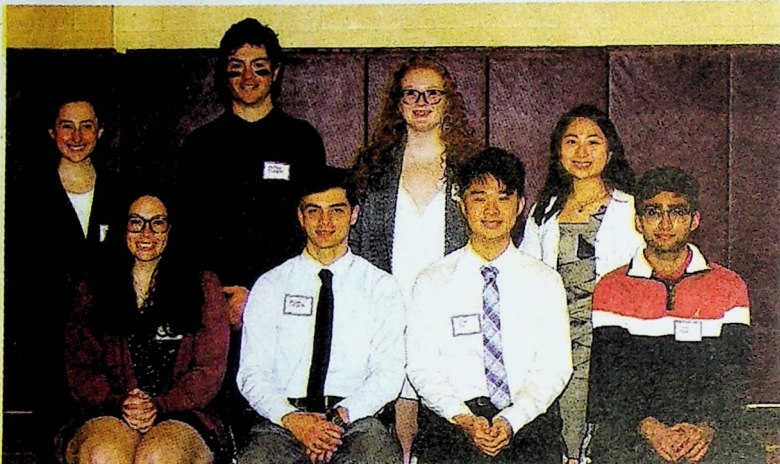
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NORTH QUINCY HIGH SCHOOL Scholarship recipients: From left to right: Alexander Gu, Liam Nguyen, Trista Lee, Caroline Cavicchi, Andrea Ngo, Michael Colantonio and Baijie Li.



QUINCY HIGH SCHOOL Scholarship recipients: From left to right: Cassandra Gordon, Emma Glavin, Zachary Donaghue, Zach Clements, Meaghan Foley, Ninh Thi, Natalie Tran and Vansh Patel.

Quincy Retired Teachers Association Awards \$141,800 In Scholarships

50 Graduating Seniors From Quincy, North Quincy High Schools

The Quincy Retired Teachers Association (QRTA) recently held its 41st scholarship awards event. Fifty graduating seniors from Quincy and North Quincy High Schools were awarded a total of \$141,800 in scholarships to be used to support each student's educational goals.

Since its inception, the QRTA Scholarship Fund has granted over 1,000 scholarships to graduating seniors, totaling close to \$3 million.

The Quincy Retired Teachers Association Scholarship Fund was established in 1978 by a bequest of \$1,000 from the estate of Warren B. Findlay, a math teacher retired from Quincy High School.

Since the 1980s, the fund has grown from many bequests and memorial contributions honoring and remembering retired Quincy educators. Many of these are from retired teachers, their families and friends.

Over the years, the donations have grown to comprise a multimillion-dollar trust fund. Students receive scholarships from the interest earned on that fund.

Each year, qualifying seniors at both North Quincy High and Quincy High (including Career & Technical Education) receive QRTA scholarships. Students apply for these scholarships through their respective

high school guidance department.

Recipients are chosen by a Scholarship Committee at each high school. The previous two years of the pandemic, scholarships were awarded by mail. In selecting recipients, the QRTA asks each Scholarship Committee to consider high academic or technical achievement, desirable character traits, financial need and active participation in school or community activities.

Contributions are welcome in any amount:

Quincy Retired Teachers Scholarship Fund, Office of the Superintendent of Schools, c/o Laura Owens, 34 Coddington St., Quincy, MA 02169.

Megan Allen Retirement Reception At Crane Library Thursday

The Board of Trustees will host a public retirement reception for Megan Allen on Thursday, May 26 from 4 to 6 p.m., in the Richardson Building of the Main Library.

All are welcome.

Allen is retiring as the director of the Thomas Crane

Public Library. Her career has spanned more than 35 years at one of the state's

most visited library systems, the last nine years as its director.

Adwaita Krishnadev Earns Master Of Science

Adwaita Krishnadev of Quincy recently graduated from University of the

Cumberlands in Williamsburg, KY with a Master of Science in digital forensics.



NORTH QUINCY HIGH SCHOOL Scholarship recipients: From left to right: Song Yu Chen, Ivan Zheng, Ivan Yang, David Bridges, Pablo Flores Munoz, Avery Glennon, Vivian Zhu and Fiona Berberi. Other QRTA Scholarship recipients from North Quincy High School not shown: Guisumnayi Aihemaiti, Yoon Aung, Michelle Chen, Nicholas Chen, Serena Chen, Quinn La-Motte, Ada Lin and Zoe Rakarich.



QUINCY HIGH SCHOOL Scholarship recipients: Left to right (back): Iain Gillespie, Teyah Wilson, Maya Dijkstra, and Aisling Donoghue. Front: Garrett Hinkley, Amyah Davis, Coleman Ross and Kellen Kopp.



QUINCY HIGH SCHOOL Scholarship recipients: From left to right: Kyle Galecia, Vivian Tran, Rebecca Morris, Kevin Chen, Madilyn Bailey and Nicholas Ferrara.



QUINCY HIGH SCHOOL Scholarship recipients: From left to right: Maurice Ampiane, Jonathan Bina and Cooper Hernon. Photos Courtesy QRTA

Elizabeth DiMattio Initiated Into Honor Society

Elizabeth DiMattio, a native of Quincy, was recently initiated into the University of Massachusetts - Lowell

Circle of Omicron Delta Kappa, the National Leadership Honor Society.

The Society welcomed 1,971 new initiates from 78 universities during April.

NQ Boys' Volleyball Downs Quincy, Improves To 12-1

By TOM JOYCE

In a tightly-contested match, the North Quincy High boys' volleyball team emerged victorious.

The Raiders played some highly competitive volleyball against their in-city rival, the Quincy Presidents, on the road May 19.

Both sides fought hard, but the Raiders came out on top. They won this one 3-1. With the win, the Raiders improved to 12-1 on the season; the Raiders were on a 12-match winning streak as of the start of this week. With the loss, the Presidents fell to 9-8.

The Raiders had a 3-0 run to finish off the first set and take it 25-23.

With the set tied at 22 apiece, a hitting error against the Raiders gave the Presidents the ball back. However, the Raiders were able to win the set thanks to some strong play up front. Nathan Caldwell had a spike to tie the set at 23. After that, a block by Dylan Clifford gave the Raiders the edge; and a block by Caldwell ended the set.

The Presidents responded by winning the longest set of the game: 30-28. Late in the set, the Presidents held a 20-15 lead, so it looked like they were going to win it. However, the Raiders fought back, frequently tying the set. The set was tied at 28 apiece, before the Presidents managed to get back-to-back points to end it.

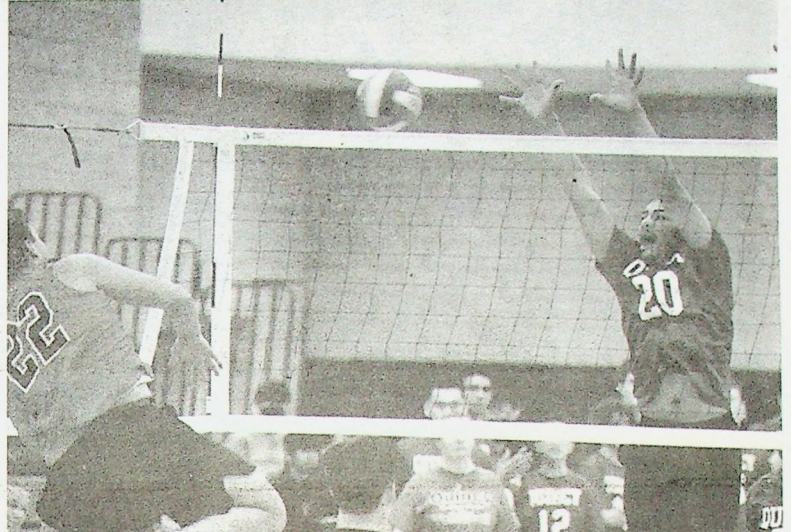
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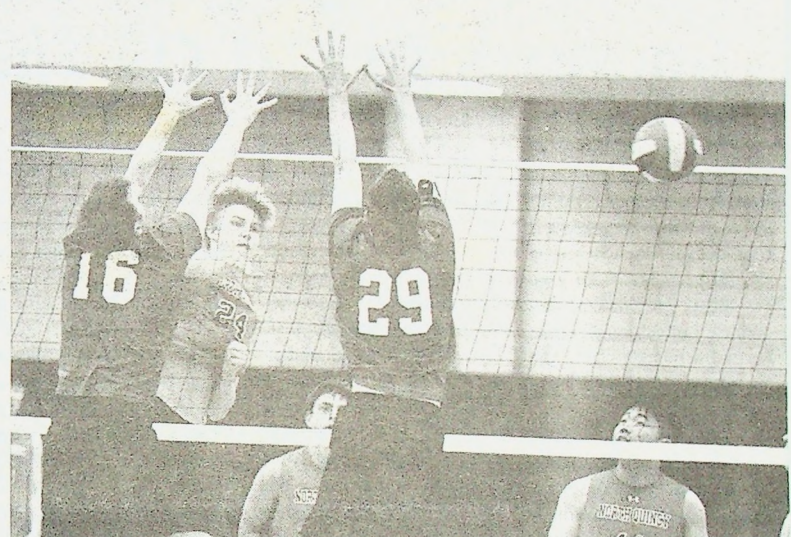
NORTH QUINCY'S Nathan Caldwell, left, spikes his shot as Quincy's Hugh Crawford defends. The Raiders topped the Presidents 3-1 to improve to 12-1 on the season.



NORTH QUINCY'S Dylan Clifford returns a volley over Quincy defender John Fehan.



QUINCY'S JAMAR FINN, right, prepares to block the spike of North Quincy's Nathan Caldwell. Quincy Sun Photos/Tom Gorman



NORTH QUINCY'S Cameron Johnston, center, watches his spike sail past Quincy defenders Hugh Crawford, left, and John Alessandro, right.



NORTH QUINCY'S Liam Bailey, left, and Cameron Johnston, right, team up to return a Quincy shot.



QUINCY'S BRANDON PHAM, left, tries to spike past North Quincy defenders Cameron Johnston, center, and Anthony Chiu, right.



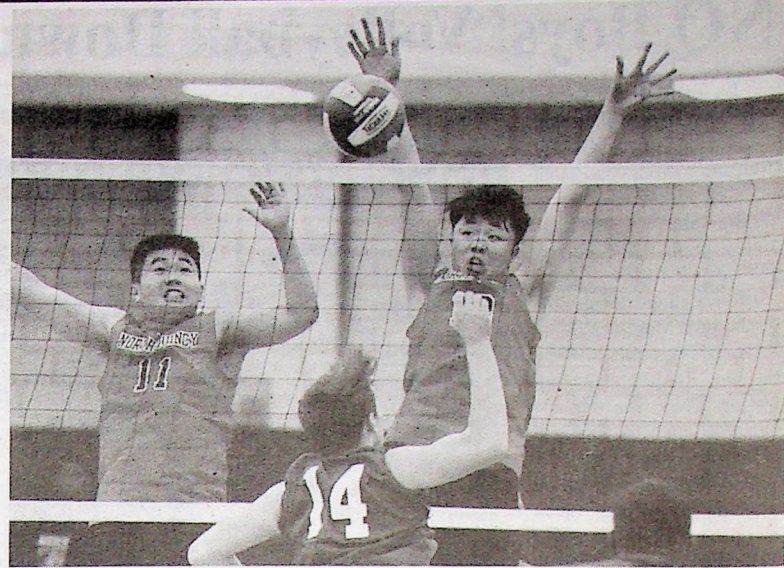
QUINCY'S MAKHI JUSTICE gets under a North Quincy shot.



NORTH QUINCY'S Adam Huang dives to return a Quincy shot.



QUINCY'S JOHN FEHAN, center, and Parker Mullen, right, block the shot of North Quincy's Nathan Caldwell, left.



NORTH QUINCY'S Anthony Chiu, right, blocks the shot of Quincy's Parker Mullen, foreground, as teammate Bobby Lin, left, assists.

NQ Boys' Volleyball Downs Quincy, Improves To 12-1 On The Season

Cont'd From Page 21

Hugh Crawford gave the Presidents a one-point lead. He had a powerful hit up front that the Raiders sent out of bounds on an attempted block. Then, the Presidents got some strong defense out of John Fehan; he had a block to give the Presidents a two-point edge — and the set.

So how did the Raiders respond to the tight loss in the second set? They responded with a dominant performance in the third. They had a 25-6 victory to take a 2-1 lead in the match.

The Raiders started the set on a 10-0 run. A kill from Cameron Johnston put the team up by nine and a hitting error by the Presidents gave them the 10-point advantage. After that point of the set, the Raiders went on to outscore their opponent 15-6. A block by Johnston gave the Raiders the game

point in this set.

And the Raiders also went on to win the fourth and final set of the contest: 25-17.

Although the Raiders trailed about halfway through the set, 14-12, they made a comeback. The team went on a 7-0 run capped off by a kill from Johnston set by Bobby Lin. This gave the Raiders a 19-14 advantage. The Presidents weren't able to make a comeback in this one. The Raiders finished the set on a 4-0 run capped off by a hitting error from their opponent.

The Raiders are on the younger side this season with four seniors on their roster. Meanwhile, the Presidents have an experienced squad featuring 14 seniors this season.

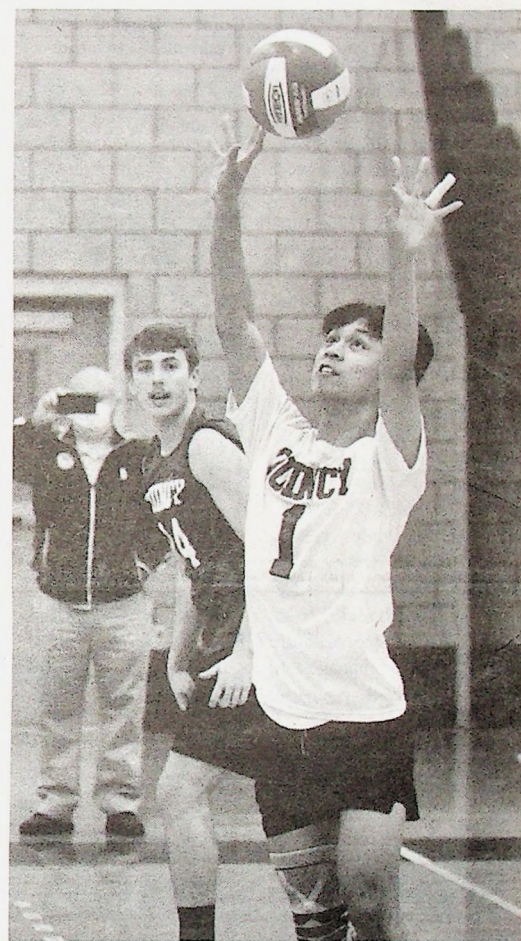
The roster for the Raiders this season includes: senior defensive specialist/libero Adam Huang, se-

nior right-side hitter/libero Danny Au, junior defensive specialist Gavin Yu, junior Jeffrey Tam, junior outside hitter/defensive specialist Nicholas Tang, junior setter Hao Lin, sophomore middle blocker Anthony Chiu, senior outside hitter Oliver Smith, junior outside hitter Liam Bailey, senior setter Liem Nguyen, junior outside hitter/setter Nathan Caldwell, junior middle blocker Dylan Clifford, and sophomore right-side hitter Cameron Johnston. The team's head coach is Megan Johnston.

The roster for the Presidents this season includes: junior defensive specialist/outside hitter Christian Las, senior right-side hitter/setter Henry Dang, senior defensive specialist David Meng, sophomore outside hitter/middle hitter Adam Bonica, senior defensive specialist Raven Roldan, senior

middle hitter Parker Mullen, senior setter/right-side hitter Tony Le, senior outside hitter Hugh Crawford, senior outside hitter/right-side hitter Brandon Pham, senior right-side hitter/outside setter/defensive specialist Jamar Finn, senior middle hitter/outside hitter Vansh Patel, senior outside hitter/defensive specialist Malik Justice, senior right-side hitter/middle hitter John Fehan, senior setter Mahki Justice, senior middle hitter John Alessandro, and senior outside hitter/right side hitter Kyle Regan. The team's head coach is Jacqui Niosi.

The next game for the Raiders was Wednesday, May 25 at home against the Brockton Boxers (5:30 p.m. start time); it's their final game of the regular season. And the Presidents wrap up their regular season on the road against Barnstable High on Thursday, May 26 (3 p.m. start time).



QUINCY'S CHRISTIAN LAS gets under a North Quincy shot.

Quincy Softball Routs Scituate 17-4 For 6th Win Of Season

By TOM JOYCE

A lot went right for the Quincy High softball team last Friday night.

The Presidents enjoyed plenty of offensive success in their road bout against the Scituate Sailors. The Presidents beat Scituate 17-4 in a five-inning game called early as a result of the MIAA's mercy rule. With the win, the Presidents improved to 6-12 on the season.

The Presidents had plenty of offensive success early in this one. They put up eight runs in the top half of the first inning.

Each of the first six batters reached base. Mary Saccoch drew a walk, Maggie Lynch singled to center field, and Emma Glavin drew a full count walk to load the bases. Then, Cady Kelly Hansbury knocked in

four runs on an inside-the-park grand slam. She hit a ball to right center field that Scituate's outfielders couldn't get to and made the trip around the bases before the team could get the ball to the catcher.

After that, Colleen Moran walked and Hailey Concannon hit a single to center field. Cinneide Santoro knocked them over one base each on a sacrifice hit, and Paige Mann loaded the bases with a walk. The Presidents had an infield fly for an out, but they weren't done scoring.

Saccoch knocked in a run on a hard hit ball to the second baseman that resulted in an error. After that, Lynch, Glavin, and Hansbury drew back-to-back walks to add three more runs. A fly out to left

field ended the inning.

The President tacked on two more runs in the top of the third. With one out in the inning, Lynch drew a walk. Glavin knocked her home with an RBI triple to right center field. Then, Hansbury drove her home with a sacrifice fly to right field. A fly out to left field ended the frame. This put the team up 10-0.

Although they trailed, Scituate battled back; the team added three runs in the bottom of the third and another in the bottom of the fourth to make it a 10-4 ballgame.

Scituate led off the third with back-to-back singles; an RBI double after that knocked in a run. The team also scored a run on a bases-loaded walk and a passed ball with the bases loaded.

However, the Presidents recorded two outs after that — a fielder's choice at home plate and a popout caught by the catcher.

Scituate also got another run on a double in the bottom of the fourth.

So how did the Presidents respond to this? They put up seven runs in the top of the fifth.

Saccoch led off the inning with a walk and Lynch followed that up with a single. A flyout moved Saccoch to third base and a stolen base with one out in the inning moved Lynch up to second base. Hansbury then blasted a two-RBI single to center field. Moran followed that up with a bloop single to the shallow outfield, and Hailey Concannon loaded the bases by drawing a walk. After that, Santoro

and Mann had back-to-back RBI singles, and Bridget Hoare knocked in a run as well; she had a fielder's choice where everyone was safe on a swinging bunt. After that, Saccoch had an infield single to knock in another run. And with two outs in the inning, Glavin drew a four-pitch walk to drive in another run; this put the Presidents up 17-4.

The Presidents then capped off the game with a one-two-three inning; the first out of the inning came on a Scituate single; Hoare got an outfield assist, throwing Scituate's runner out at second base.

With the win, the Presidents had won two of their last three contests; they also beat North Quincy 17-5 on May 16.

The Presidents have an

experienced team this season; they have 11 seniors on their roster.

The roster for the Presidents this season includes: sophomore Paige Mann, junior Bridget Hoare, sophomore Mary Saccoch, senior Leila Akhouzine, senior Sophie Mayo, senior Adriana Moosick, senior Kate Downey, junior Cady Kelly Hansbury, senior Paige Raber, junior Maggie Lynch, junior Hailey Concannon, senior Cinneide Santoro, senior Madeline Mayo, senior Colleen Moran, senior Antenella Ibrahim, senior Emma Glavin, and senior Erin Davies. The team's head coach is Greg Sommers.

The Presidents regular season came to a close on Wednesday, May 25 on the road against Fontbonne Academy (4 p.m. start time).

Quincy-North Quincy Girls, Boys Track Results/Highlights

Patriot League Champs, Red & Blue Classic, South Shore Twilight Meet

First	Last	Gen	Event	Performance	Place	Comment
Sofija	Slezas	F	100m	12.97	4	PR
Kimberly	Le	F	100m	14.18	22	PR
Mollie	Smith-Gaeta	F	100m Hurdles	18.40	14	PR
Joyce	Luteio	F	100m Hurdles	19.42	20	
Sofija	Slezas	F	200m	26.54	2	
Jiahua	Lin	F	200m	30.55	18	
Clara	Golden	F	400m	1:15.92	12	
Hannah	Moriarty	F	400m Hurdles	1:12.08	5	
Sabrina	Egan	F	800m	3:09.27	18	
Lauren	Ebong	F	Discus	73'00"	7	PR
Alyssa	Hopps	F	High Jump	4'08"	7	Ties PR
Mollie	Smith-Gaeta	F	High Jump	4'08"	4	
Kiera	Sleiman	F	Javelin	109'06"	1	PR
Molly	Nelson	F	Javelin	89'00"	18	PR
Victoria	Berry	F	Javelin	72'00"	16	PR
Lucy	Lynch	F	Javelin	87'09"	5	
Aluna	Coogan-Coyne	F	Mile	5:34.76	3	
Grace	Cody	F	Mile	8:41.18	19	
4 x 800	Relay	F	Moriarty, Nelson, Coogan-Coyne, Cody	11:12.26	3	
Kiera	Sleiman	F	Shotput	28'06"	5	
Point	Totals	F	51 points	Sixth Place		
Matt	Wong	M	100m	10.98	3	PR
Jacey	Ham	M	100m	11.30	6	PR
Kendry	Duran	M	100m	12.50	18	
Ibrahim	Yacouty	M	110m Hurdles	19.57	9	
Andrew	Hodgdon	M	200m	25.09	10	
Alex	Stankov	M	200m	25.37	12	

Oisin	Coogan-Coyne	M	400m	52.45	4	PR
Boubekar	Diallo	M	400m	55.06	8	PR
Jonathan	Bina	M	400m Hurdles	1:01.41	1	
Elijah	Eno	M	400m Hurdles	1:10.44	12	
Matt	Gratch	M	400m Hurdles	1:10.70	13	
Patrick	Lee	M	800m	2:15.63	10	
4 x 400	Relay	M	Bina, Diallo, Coogan-Coyne, Boukhtam	3:34.83		
Brandon	Baker	M	Discus	114'10"	3	PR
Gabriel	Rodrigues	M	Discus	130'04"	2	PR
Mamadou	Diallo	M	Freshman 100m	12.01	7	PR
Alex	Martinez	M	Freshman 100m	12.52	19	
David	Schmidt	M	Freshman Mile	5:12.14	6	
Liam	Murphy	M	Freshman Mile	5:33.45	12	PR
Nathan	Feldman	M	Freshman Mile	6:14.52	16	
Colm	Geary	M	High Jump	5'08"	4	PR
Jacey	Ham	M	High Jump	6'02"	1	PR
Zach	Clements	M	Javelin	108'00"	17	PR
Daiithi	Quinn	M	Javelin	143'09"	1	
Matt	Wong	M	Long Jump	19'02.75"	5	
Daiithi	Quinn	M	Long Jump	20'06.75"	1	
Kyle	Clements	M	Mile	5:02.63	9	PR
Gabriel	Rodrigues	M	Shotput	41'00"	7	
Brandon	Baker	M	Shotput	42'03.25"	4	
Colm	Geary	M	Triple Jump	36'11"	11	PR
Daiithi	Quinn	M	Triple Jump	43'07.5"	1	PR
Robert	Cannon	M	Two Miles	10:19.61	3	
4 x 100	Relay	M	Wong, Rodrigues, Duran, Ham	44.50	2	PR
Point	Totals	M	117 points	First Place		

First	Last	Event	Gender	Performance	Place	Participants	Comment
Sofija	Slezas	100m	F	13.04	4	86	
Mollie	Smith-Gaeta	100m Hurdles	F	18.89	21	44	PR
Sofija	Slezas	200m	F	27.30	4	65	
Hannah	Moriarty	400m Hurdles	F	1:10.48	6	27	PR
Lauren	Ebong	Discus	F	51'04"	31	31	
Mollie	Smith-Gaeta	High Jump	F	4'08"	11	24	

Kiera	Sleiman	Javelin	F	85'02"	12	33	
Kiera	Sleiman	Shotput	F	24'03"	42	80	
Matt	Wong	100m	M	11.25	3	99	
Jacey	Ham	100m	M	11.62	17	99	
Kendry	Duran	100m	M	11.78	89	99	
Jonathan	Bina	110m Hurdles	M	16.58	6	44	
Oisin	Coogan-Coyne	400m	M	52.79	6	51	
Jonathan	Bina	400m Hurdles	M	1:02.58	5	41	
Patrick	Lee	800m	M	2:19.36	35	63	
Brandon	Baker	Discus	M	113'00"	9	25	
Gabe	Rodrigues	Discus	M	128'08"	3	25	
Liam	Murphy	Freshman Mile	M	5:30.83	26	50	
Jacey	Ham	High Jump	M	6'00"	1	23	
Kyle	Clements	Mile	M	5:05.95	40	107	
Gabe	Rodrigues	Shotput	M	43'07.5"	3	71	PR
Brandon	Baker	Shotput	M	43'08.5"	2	71	PR
Robert	Cannon	Two Mile	M	10:08.28	2	14	PR
Team	Scores	Boys	48	2nd			
Team	Scores	Girls	9	18th			

First	Last	gender	EVENT	Perform	Place
Leili	Mahrouk	F	100m	15.5	1
Alexandra	Guia	F	100m	15.8	2
Pichsinee	Jindawit	F	100m	16.0	3
Emma	Roux	F	100m	16.0	4
Kyana	Acevedo	F	100m	16.5	5
Meadow	Cooper	F	100m	16.7	6
Jennifer	Lopez	F	100m	16.8	7
Milan	Le	F	100m	16.9	8
Riley	Calvert	F	100m	18.9	9
Kiera	Sleiman	F	800m	3:11.4	1
Juliana	DiBlasi	F	800m	3:38.9	2
Chloe	Fitzgerald	F	800m	3:52.1	3
Mamadou	Diallo	M	100m	12.7	1
Zhenyu	Liang	M	100m	12.9	2
Ibrahim	Yacouty	M	100m	13.8	3
Jackson	Lin	M	100m	14.3	4
Allen	Shi	M	100m	14.5	5
Ethan	Lin	M	100m	14.6	6
William	Li	M	100m	15.0	7
Daniel	Tracey	M	100m	17.5	8
Mamadou	Diallo	M	200m	24.7	1
Larry	Ching	M	200m	26.2	2
Zhenyu	Liang	M	200m	27.2	3
Ethan	Lin	M	200m	30.4	4
Jackson	Lin	M	200m	30.9	5
Allen	Shi	M	200m	31.1	6
William	Li	M	200m	33.6	7

Quincy Baseball Bows To Hanover

By TOM JOYCE

The Quincy High baseball team faced some tough competition in its last game.

The Presidents went up against Hanover on the road on Monday this week. While the Presidents have been strong in the second half of the season, they came up short in this one. The Presidents took a 5-0 loss to Hanover. With the loss, the Presidents fell to 11-9 on the season.

The Presidents had a pair of batters reach base in the top of the first inning, including leadoff hitter Joseph Hennessy. He also stole second base during the next at-bat. And with one out in the inning, Coleman Ross also reached base; he drew a walk as well. Hanover was able to recover from that, however, recording two outs to end the inning.

Then, in the bottom half of the inning, Hanover got its first run of the game. The Presidents starting pitcher Drew Boretti was sharp; he only allowed one run in three innings. The one run

came on a two-out single to left field. Hanover's hit scored a runner who reached second base on an outfield error earlier in the inning. Boretti then got a strikeout to end the inning.

An inning later, the Presidents escaped a jam. The team had a sliding grab in shallow left field with the bases loaded with two outs to keep the score differential at one run.

The Presidents had some offensive production in the later innings, but they didn't score any runs.

Ross had a strong game at the plate; he reached base three times. He had an out-field single with one out in the fourth inning, and he drew a walk with two outs in the top of the sixth. Additionally, Patrick Walsh and Nicholas Ferrara had singles in the top of the fifth. However, after those two singles in the fifth, Hanover got back-to-back outs to end the frame.

Hanover expanded its lead in the bottom of the fifth inning of this one. The

team loaded the bases with no outs; the team drew a walk to load the bases. After that, they got some insurance runs.

Hanover blasted a three-RBI triple to right field, giving the team a 4-0 lead. The batter who hit a triple also scored. The Presidents tried to pick him off. He was in a pickle, but managed to evade a tag and cross home plate safely.

Hanover would have two more batters reach base in the inning, but it didn't score any more runs.

Hanover's offense wasn't done just yet either; the Presidents had another pitching change to start the sixth inning, and Hanover got a run off the new pitcher as well. A Hanover batter connected with a high pitch and had a two-out RBI single to shallow center field.

And in the top of the seventh, Hanover retired the side in order to bring the game to an end.

The Presidents have enjoyed plenty of success in

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Quincy Elder Services Events Scheduled For June

By MARIE FERENT

Assistant Director, Quincy Elder Services

Quincy Elder Services (Council on Aging) announces the following events and activities are scheduled in June at the Kennedy Center, 440 East Squantum St., North Quincy.

Book Club

Thursday, June 2nd at 1:30 p.m.

Book Club The Book Club meets the first Thursday of each month at 1:30 p.m. The book for the June 2nd meeting is "Wish You Were Here" by Jody Picoult. The book for the July 7th meeting is "Flying Angels" by Danielle Steele.

Howie Newman Concert

Friday, June 3rd at 12:30 p.m.

Howie Newman performs classic songs from yesteryear, including standards, show tunes and material from artists like Frank Sinatra, the Beatles, Dean Martin, Elvis Presley, Neil Diamond and many others. It's a sing-along, toe-tapping musical journey from the early 1900s up through the 1970s. Howie also adds trivia, background stories about the songs and a little G-rated humor here and there. Registration is required. Call 617-376-1506 to register.

Craft Class

Tuesday, June 7th at 1 p.m.

Join instructor Karen Kelley for a wood welcome sign craft. Cost is \$22 and includes supplies. Space is limited and registration is required. Payment is due at time of registration.

2 Sisters Senior Living Advisors Presents Choosing a Nursing Home

Wednesday, June 8th at 11:30 a.m.

Learn what questions to ask and what to look for during the process of this very important decision. Choose with confidence and the best care for your loved one. Participants will learn to interpret staffing ratios and other performance data, find and read Department of Public Health survey deficiencies and citations, understand how MassHealth works in a nursing home and what is covered. Space is limited and registration is required. Call 617-376-1506 to register.

Men's Discussion

Thursday June 9th at 10 a.m.

Men's discussion group meets the second Thursday of each month at 10 a.m. The speaker for June will be Alexandra Elliott, curator, Quincy Historical Society.

Women's Discussion Group

Thursday, June 9th at 1 p.m.

Join the group discussion on current events and various topics.

Friends of the Kennedy Center Bingo

Monday, June 13th at 1:30 p.m.

Join the Friends of the Kennedy Center for an afternoon of Bingo! Try your luck at Bingo and a chance to win a fabulous prize! Space is limited. Registration is required. Don't miss out on all the fun! Call 617-376-1506 to register.

Dehydration

Tuesday, June 14th at 10:30 a.m.

Join Quincy Health Department for a talk about dehydration. Topics will include prevention, the importance of consuming enough fluids, signs of dehydration, and how to keep yourself safe in the summer heat. Registration is required. Call 617-376-1506 to reserve your spot.

Quarterly Birthday Party Celebration

Wednesday, June 15th at 1:30 p.m.

At Hamel-Lydon Chapel, we also believe in the celebration of life. Come join us at the Kennedy Center for cake and ice cream if it's your birthday or even if it's not, come and join us for our celebration! Sponsored by Hamel-Lydon Chapel. Reservations are required. Call 617-376-1506 to reserve your spot.

Trivia Wednesday, June 15th at 10:30 a.m.

Come play trivia and test your knowledge! Have some fun with friends and a chance to win a prize! Space is limited and registration is required. Call 617-376-1506 to register.

Quincy Baseball Bows To Hanover

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the second half of the regular season; the loss to Hanover snapped a six-game winning streak for the team. It was that winning streak that put the Presidents in playoff contention. The team will likely find out next week if it makes the playoffs this season.

The Presidents have a highly-experienced roster this season. All but two of

the players on the team's roster are seniors this season.

The Presidents wrap up their regular season with two more games this week. They will face Framingham at home on Thursday, May 26 (4 p.m. start time), and Brockton on the road Friday (6 p.m. start time). The Brockton game will take place at Campanelli Stadium.

ister.

Protecting Your Assets

Thursday, June 16th at 10 a.m.

Attorney Robert Romano will conduct his Estate Planning Essentials workshop at the Kennedy Center to discuss important issues that affect all seniors, including avoiding probate and protecting your assets from a nursing home. Come and learn about the 5 legal documents that all adults should have! Space is limited. Registration is required. Call 617-376-1506 to register.

Nails to You Manicures Friday, June 17th

Join us for a manicure event at the Kennedy Center. Manicures will be \$15 payable to Nails to You on the day of the event. Call 617-376-1506 to schedule your appointment.

Alzheimer's Support Group

Wednesday, June 22nd at 1 p.m.

The Alzheimer's Support group will now meet on the 4th Wednesday of the month at 1 p.m. For more information about the group, call Marge Donaher at 617-376-1243.

Monthly Bereavement Support Group

Thursday, June 23rd at 1 p.m.

All are welcome. This is a monthly group which provides a space of sharing and support for those who are grieving the loss of a loved one. Sponsored by Hamel-Lydon Chapel Cremation Service of Massachusetts. Registration is required. Call 617-376-1506 to register.

Rock Painting

Friday, June 24th at 1:30 p.m.

Come join us in the Art room and paint a rock with your own unique design! Paint supplies provided.

Quincy's Memory Café Hosted by

Standish Village at the Kennedy Center

Monday, June 27th at 12 Noon

Brought to you by Julie Williamson, Director of Communications for Standish Village Assisted Living & Compass Memory Support, Quincy's Memory Café welcomes those living with memory loss or dementia and their care partners, family and friends. While Memory Café is open to anyone in the community, any guest who requires a personal care attendant must have a caregiver present. Call 617-376-1243 to register for the café or with any question.

Mayor's July 4th Luncheon

Wednesday, June 29th at 12 Noon

Join Mayor Tom Koch for a 4th of July luncheon at the Kennedy Center. Space is limited. Registration is required. Stop by the Kennedy Center for tickets.

Trips

Grease The Musical

Thursday, July 7th

Depart from Pageant Field at 9 a.m. and travel to Meredith, N.H. where a full course luncheon will be served at the famous Hart's Turkey Farm. After this delicious meal, you will then attend the Lakes Region Theatre's production of "Grease." Grease is the story of Sandy, the new girl in town and Danny, the school's coolest greaser, who have a secret summertime romance—but when they get back to school, everything is different. You'll arrive home at 7:30 p.m. after a delightful day of great cuisine and theater! Price is \$119 per person, payment is by check only. Checks made payable to Fox Tours. Must be a Kennedy Center member. Lunch choices are roast turkey, sirloin of beef, baked haddock.

Lake Winnepesaukee Cruise

Monday, July 18th

Depart from Pageant Field at 9 a.m. and travel to beautiful Lake Winnepesaukee. Sailing from Weirs Beach, you'll delight in the beautiful vistas of the White Mountains from the decks of the 230-foot M/S Mount Washington as your cruise the famous lake. You'll enjoy a relaxing, splendid day as your captain sails from port to port. Comfortable deck chairs are available for your use on this scenic tour. Your narrated cruise of this immense Lake also includes a delicious, full course buffet luncheon. After your delightful cruise, you'll visit the Moulton Farm Market, where farm fresh vegetables, cakes, pies, and more are available for purchase. Your arrival time home will be approximately 5:30 p.m. Price is \$109 per person, payment by check only made payable to Fox Tours. Must be a Kennedy Center member.

Martha's Vineyard

Tuesday, July 26th

Depart from Pageant Field at 8 a.m. and travel to Cape Cod. You will arrive in Falmouth to board your ferry, the

Beach Worship June 12

Beach Church will be resuming for the summer on Sunday, June 12th at 8 a.m.

Everyone is invited to attend this brief and informal worship service on Wollaston Beach between the

Squantum and Wollaston Yacht Clubs. The service includes Scripture, prayer and singing and people of every denomination or no denomination are invited to attend.

Island Queen. Your 45-minute ride to Martha's Vineyard will be most invigorating as you make your way across Nantucket Sound. On arrival, a native guide will provide a tour onboard a sightseeing bus across the Island. From Oak Bluffs, famous for its Victorian gingerbread cottages to Edgartown, you'll experience Martha's Vineyard's charm and beauty. You'll then visit Edgartown, where you will have time to enjoy this quaint village. Later your sightseeing bus will pick you up and return you to Oak Bluffs for the return ferry to Falmouth. A full course dinner featuring either grilled salmon or chicken parmigiana at Bertucci's are also included. You'll arrive home at approximately 7:30 p.m. After a wonderful day on beautiful Martha's Vineyard. Price is \$129 per person, payment by check only. Checks made payable to Fox Tours. Must be a Kennedy Center member.

Providence Waterfire and Newport Getaway

Aug. 13 - Aug. 14

Journey to Providence, R.I. for an overnight tour brimming with excitement and a fantastic experience of light and water at Waterfire on the riverfront in downtown Providence. You will arrive late afternoon and visit Zooma Restaurant located in the Little Italy district of town. There you will watch a demonstration as the "culinary artists" make the pasta for the day's dishes. A wonderful four-course Italian meal follows the demonstration. Next we will meet our professional guide who will take us on a 90 minute bus tour of Providence where we will see the neighborhoods, colleges, the Capital area and others. As dusk settles we will set up along the riverbanks for Waterfire. Torches, barges, and buoys are set alight along the River accompanied by a marvelous soundtrack and stunning visual effects. We will leave Providence after the show and head to our hotel, The Crowne Plaza Providence - Warwick. After breakfast we will head for Newport. We arrive on Bellevue Avenue (Mansion Row) where we will visit The Elms. This mansion was the summer home of Mr. & Mrs. Edwin Berwind and modeled after the mid-18th century Chateau d'Asnieres outside Paris. Afterwards, enjoy free time for lunch on own and shopping at Bowen's Wharf downtown waterfront before heading home. Price included transportation, lodging, 2 meals, mansion, one bag per person, all taxes and gratuities. \$404 per person double, \$494 single, \$384 triple. Payment due at time of registration. Checks only. Check made out to Landmark Tours. Must be Kennedy member to attend trip.

Parks Budget On Hold

Cont'd From Page 16

make a full presentation on the golf course on Wednesday so the public could see the information that Murphy had provided in his memo.

"A memo is great for this council...but it is not transparent to the general public," Mahoney said.

Councillor Nina Liang said she supported placing the budget hearing on hold for a different reason. She said the park and forestry budget should include an offset for revenue generated by the golf course. There are some offsets within other departmental budgets; the TPAL department has an offset for parking receipts, for example.

Liang also said she would like to see information on revenue the city would receive from the restaurant operating at the golf course. The Fours is taking over the operations of that restaurant starting this year.

Ward 3 Councillor Ian Cain said he was in favor of placing a hold on the park and forestry budget as well. Cain asked why the administration opted to run the golf course out of the general fund budget instead of using an enterprise fund to run it separately.

Two other budgets — cemetery and recreation

— that fall within the purview of the Department of Natural Resources were approved Monday.

The cemetery budget will increase to \$1.16 million next year, up from \$1.05 million. Included in that budget is a new \$30,000 line item for grounds keeping supplies, which Murphy said would pay for new barrels at Mount Wollaston Cemetery.

Mahoney made a motion to cut that \$30,000 from the budget, suggesting the city could use either federal American Rescue Plan Act funds or perpetual care money from cemetery fees to pay for the barrels instead.

That proposed cut failed in a 3-3 vote. Cain and Liang joined Mahoney in voting for the cut. Councillors Noel DiBona, David McCarthy and Charles Phelan Jr. voted against it. Councillors Anthony Andronico, William Harris and Brian Palmucci were not at Monday's meeting.

After that, councillors passed the cemetery budget in a 5-1 vote, with Mahoney opposed.

The recreation budget will increase by about \$9,000 in the new fiscal year to \$979,000. It was approved by voice vote.

OBITUARIES

Esther A. O'Connell, 73

Esther A. (Croft) O'Connell, of Marshfield, formerly of Quincy, Long Valley, New Jersey, and Bow, New Hampshire, died peacefully at her home, surrounded by her family on Tuesday, May 17, 2022. She was 73.

Born in Boston on March 18, 1949, she was the daughter of the late David and Helen (McDonough) Croft. Esther was raised in Quincy, attended local schools, and graduated from North Quincy High School with the Class of 1967.

Esther began her career in Boston as an anatomical morgue assistant. In 1971 she moved to Keene, NH with her husband, Kevin J. O'Connell, and began building her family. She most loved being a mother and grandmother; a living example of how to live with grace, compassion and kindness. She especially enjoyed "sneaking" her grandchildren candy and little bowls of chocolate chips while making her famous chocolate chip pancakes. In her retirement, Esther loved family trips to Lincoln, NH where they owned a condo for 28 years. She had beautiful memories of traveling with her husband to Tahiti, Key West and San Francisco. Bermuda was her favorite place to visit, and it was there she and her husband honeymooned. They later celebrated their twenty-fifth wedding anniversary in Tahiti.

Esther was a proud friend of Bill W. for many years. She treasured the friendships she built in AA and was always willing to help someone in their time of need. She was rich in faith. Her legacy of love will continue to inspire and empower us to find the silver linings in life. The vessel is gone, but her spirit will embrace us, until we meet again.

Esther was the beloved wife of Kevin J. O'Connell



ESTHER A. O'CONNELL

of Marshfield. The two were married on June 6, 1970, in St. Agatha Parish in Milton. Together they shared fifty-two loving years of marriage. She was the devoted mother of Kathleen A. O'Connell of Hanover and her former husband Matthew McGonagle of Hingham, Kevin M. O'Connell and his wife Christen of Andover, and the late Maureen K. O'Connell, who died in 1976. Esther was the loving grandmother of Maureen, Bridget, and Patrick McGonagle, all of Hingham, Faith and Hope O'Connell, both of Andover, Siri and Connor O'Connell, both of Pelham, New Hampshire, and MacKenzie O'Connell of Atkinson, New Hampshire. She was the dear sister of Mary Cedrone and her husband Michael of Quincy, and is also survived by many loving nieces, nephews, extended family, and friends.

Visiting hours were held Tuesday, May 24, in the Keohane Funeral Home, 785 Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 9:30 a.m. on Wednesday, May 25, 2022, prior to the Funeral Mass in St. Agatha Parish, Milton at 10:30 a.m. Cremation will follow. Interment is private.

In lieu of flowers, we ask you to honor her memory with random acts of kindness as you move through life.

See Keohane.com for directions and online condolences.

Kim Reynolds, 64

Kim Reynolds, 64, of Quincy passed peacefully on May 16, 2022.

Daughter of the late Shirlene Shea of Quincy. Kim leaves behind her son Kevin Reynolds of Quincy. Loving sister of Christina Kenney of Colorado, Denise Feeney of Weymouth, Joanne Shea of Quincy, and the late Cindy Nieters of New Hampshire and her brother-in-law Michael Nieters. Cherished grandmother of Anthony Reynolds of Quincy and Leilani Reynolds of Quincy. Kim also leaves behind sister-in-law Karen Kenney of Weymouth, brother-in-law Robert Reynolds and wife Cheryl of Maine, longtime best friend Debbie Werra of Quincy, and many nieces and nephews. She was preceded in death by her longtime partner Ron Bayer.

Kim worked for Quincy Medical Center for 20 years before she retired.



KIM REYNOLDS

Kim was a kind person and was always willing to help a person in need. She will be missed dearly by her friends and family.

Visiting hours will be held on Thursday May 26, 2022 from 4-6 p.m. at the Hamel Lydon Chapel at 650 Hancock St., Quincy.

Donations may be made in Kim's name to the American Cancer Society at <https://donate3.cancer.org>.

Janice N. Hart, 81

Janice N. (Donnelly) Hart, age 81, of Braintree, died suddenly, Sunday, May 15, 2022, at South Shore Hospital, in the comfort of her loving family.

Janice was born in Stoneham, to the late James and Mary (Gertsen) Donnelly. Raised in Everett, she was a graduate of Malden Catholic High School. She earned Bachelor's and Master's degrees from the former Boston State College. She lived in Braintree for over forty-five years.

Janice was a proud educator. She was employed as a teacher at the former Saint Ann's School in Quincy for many years. Prior to that, she taught in Mattapan and Braintree for several years.

Janice was an avid reader and enjoyed puzzles. Most of all, she was devoted to her family, actively supporting their many activities and accomplishments.

Beloved wife for fifty-seven years of Joseph M. Hart.

Devoted mother of Kipley A. Hart-Bonville and her husband Paul of Fairhaven, Patrick J. Hart and his wife Mia of Calif., Bridget M. Hart-Kenney and her husband Darren of Plymouth.

Bryan J. Hart and his wife Michelle of Abington.

Loving grandmother of Tessa, Tristan, Keira, and Logan Hart-Bonville; Liam and Aidan Hart; Cole, Luke, and Kyla Kenney; Emma and Owen Hart.

Dear sister of Paul Donnelly of Peabody and the late James Donnelly.

Janice is also survived by her sister-in-law, Madeline Donnelly of Wakefield; her cousins, Gayle Guptill of Maine and Diane Robida of Florida; as well as many cherished nieces and nephews.

A Funeral Mass was celebrated at Divine Mercy Parish in Saint Ann's Church, 757 Hancock St., Quincy, on Monday, May 23. Interment followed at Blue Hill Cemetery, Braintree.

For those who wish, donations in Janice's memory may be made to St. Jude Children's Research Hospital, 501 St. Jude Place, Memphis, TN 38105.

Arrangements under the direction of the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy. You are invited to visit thesweeneybrothers.com or call 617-472-6344.

Linda M. Harrison, 72

Linda M. (Bosworth) Harrison, of Randolph, passed away peacefully on May 17, 2022, at South Shore Hospital, with her loving family by her side.

Linda was raised in Braintree, and was a 1968 graduate of Braintree High School. She graduated in 1972 from Quincy City Hospital School of Nursing and was a registered nurse for many years. She also worked as a sales representative at The Quincy Sun and The Hingham Journal.

Linda was the beloved daughter of the late Henry W. Bosworth and the late Dorothy M. Bosworth of Braintree.

Beloved wife and best friend for 34 years of Ben Harrison of Randolph and devoted mother of Brian Harrison of Randolph. Linda is also survived by her siblings, Gail Happel of



LINDA M. HARRISON

Weymouth, Donna Gray of Pembroke, Dolly Newman of Quincy, and Robert Bosworth of Harwich. She is also survived by many nieces, nephews, and cousins.

Donations in memory of Linda may be made to the American Cancer Society, 3 Speen St., Suite 250, Framingham, MA 01701, or online at cancer.org.

Roseanne G. DiBlasi, 94

Roseanne Grace (Poli) DiBlasi, of Quincy, formerly of Saco, Maine, died peacefully at her home, surrounded by her family on Wednesday, May 18, 2022. She was 94.

Born in Biddeford, Maine on Feb. 24, 1928, she was the daughter of the late Nicholas and Grace (Scoti) Poli. Roseanne attended local schools and graduated from Biddeford High School with the Class of 1946. After high school, Roseanne worked as an accountant for the Ford Motor Company, a blueprint supervisor for Raytheon and an accountant at Jordan Marsh. Once Roseanne and her husband started their family, she became a homemaker, and raised her family with love and devotion.

Family was the most important part of Roseanne's life. She loved her children more than anything and there wasn't anything she wouldn't do for the people she cared for. She loved her home, working in her garden and playing the piano. Roseanne was a loving and caring person. Her life lessons and example are part of her legacy that continue through her family. She will be deeply missed by all the



ROSEANNE G. DIBLASI

lives she touched.

Roseanne was the beloved wife of the late John L. DiBlasi, who died in 2004. The two married on Aug. 27, 1961, at St. Joseph's Church in Boston's West End. Together the two shared 43 loving years of marriage. She was the devoted mother of Diane DiBlasi, James DiBlasi, and Richard DiBlasi, all of Quincy. Roseanne was preceded in death by her siblings Florence Scachetti and Lucia Poli. She is also survived by many loving extended family members and dear friends.

Roseanne's funeral services and interment will be held privately.

Memorial contributions may be sent in Roseanne's name to the charitable organization of one's choice.

See Keohane.com for directions and online condolences.

NOTICE TO READERS

Obituaries appearing in The Quincy Sun and posted on the newspaper's website are written by the funeral home handling arrangements with input from the deceased's family.

They are not written by The Quincy Sun. Obituaries are submitted by the funeral homes and are printed in The Sun space permitting.

In Loving Memory

of
Frank E. Glynn
May 30, 2021



1st Year Anniversary
The memory of you
will always be in our
hearts.

**Sadly missed by
your family**

IN MEMORIAM

In Memory of
Ron DiBella
on his birthday
June 1, 2022



Don't cry because it's over,
smile because it happened.

Always optimistic, Ron
would appreciate this quote.

Lovingly remembered
by his wife Joanne,
Christine, John and Bella



**Honor Your
Loved One's
Memory
With Flowers**

cliffords.com
1.800.441.8884

Francisco Alvarez Vidal

Francisco Alvarez Vidal (Paco) passed away after a long and courageous battle with cancer on May 16, 2022.

Paco was a quiet, kind, and gentle man and he will be dearly missed by many. Paco was the son of Maria de las Mercedes Vidal of Antofagasta, Chile and the late Eduardo Alvarez. Paco was born in Antofagasta, Chile on June 17, 1964, and although he moved to the Boston area in 2002, a large part of his heart remained in Chile with his many family members and friends there.

Paco is survived by his loving wife of twenty years, Marie MacNeil and their beloved son, Daniel, both of Quincy.

Paco was so proud of his Chilean culture and traditions and loved sharing this with his wife and son. He enjoyed his trips back to Chile and loved sharing his home and country with Marie and Daniel. Paco was a graduate of the Universidad Catolica de Norte in Antofagasta, Chile where he studied computer programming. Paco was a computer programmer by profession and worked for many years at the Universidad de Antofagasta. Paco loved tinkering with computers and technology and was always happy to help family and friends with computers or



FRANCISCO ALVAREZ VIDAL

any other technology issue. Paco passed along his love of technology to his son and they would spend many happy hours programming, working on websites and tinkering. Although Paco was a proud Chilean, he came to love his adopted country and became a United States citizen in 2015. Paco's life revolved around faith, family and friends. His son Daniel was the light of his life and he was so proud of him. Paco's Catholic faith was very important to him and he was a parishioner of St. Agatha Parish in Milton. He also proudly attended mass at St. Paul's in Cambridge where his son was a student at the Choir School. Paco would beam with pride when his son was serving mass or singing in the choir. Paco was a kind and loyal friend and loved time with friends sharing Friday pizza nights,

chess games, barbecues, etc. Although Paco loved his Chilean culture and traditions, he enjoyed the Scottish culture of his wife and enjoyed trips to Nova Scotia where he would enjoy time by the water fishing with his son, and time with family. Paco also loved annual family trips to Ogunquit, Maine where he enjoyed time with friends and family walking the Marginal Way, days at the beach and fireworks on the Fourth of July.

Paco was the loving brother of Maria de las Mercedes and her husband Alfredo Crooker of Chile, Marcelo and his wife Sandra of Argentina, Luis and Rodrigo of Chile. He was a loving brother in law to Margaret and Maureen MacNeil of Quincy. His is also survived by several nieces and nephews in Chile and Argentina.

Visiting hours were Monday at Dolan Funeral Home, 460 Granite Ave, East Milton Square followed by a Funeral Mass at St. Agatha Church, Adams Street at Brook Road, Milton.

In lieu of flowers, donations in Paco's memory may be made to either St. Paul Choir School, 29 Mt. Auburn St., Cambridge, MA 02138 or Catholic Memorial School, 235 Baker St., West Roxbury, MA 02132.

Philippa Vaughan



PHILIPPA VAUGHAN

Philippa Vaughan of Machiasport, Maine, passed April 27, 2022 with her family by her side. Born in West Palm Beach, Florida, November 4, 1925, she was the younger daughter of Harry and Marjorie (Anthes) Ormiston. The family moved to New York City after the hurricane of 1928, where her father worked for Universal Studios. Philippa spent her early school years in Forest Hills at P.S. 99 and one year at St. Faith's School for Girls in Saratoga Springs, New York.

In 1937, Philippa's father was transferred to Los Angeles California. She attended Van Nuys High School and graduated from Hollywood High School in 1944. She also attended the Grand Central Station /Art School in New York City.

In 1944 Philippa eloped to marry Gerald Stanton Powell while he was on leave from the United States Navy at Santa Barbara Mission. They had three children in California, then moved to New York City in 1950. They divorced in 1959, and she married Charles Harmon Stevens and moved to

Falls Village, Connecticut. They divorced after three years, and Philippa moved to New Jersey, where she worked for American Photography as a supervisor.

While camping on Cape Cod, Massachusetts, she met Peter Vaughan, and they were married in 1969 and lived in Quincy. She had an antique shop and painted portraits and other oils. After Peter passed away June 20, 2016, she moved to Machiasport, Maine to live with her daughter.

Philippa was predeceased by her sister, Patricia Nardon. She leaves her children, Stephanie Strongin and husband, Jason, of Machiasport, son, Christo-

pher Powell of Cambridge, England, Catherine Powell of Sonoma, California, and Chouan Strongin of Jonesport. She leaves her grandchildren Ajax Oakford, Jamaica Davis, Renee Areneda, Atlanta Powell and husband, Josh, Ayoun Strongin and Lauren Sachs; and great-grandchildren Ella Jane Geel, Tanaya Aranda and Owen Alexander Powell; great-great-grandson, Jay Strongin. She also leaves her nephew, Steven Emerson of Los Angeles, California. Other special family members are Heidi Vaughan and wife, Nancy, Judith Stevens and Fred Magrin, Nancy Rogers and Penny King, along with special friends, John Petrabor and wife, Galina and Peggy O'Brien. Philippa will be greatly missed by her loyal yorkie, Wolly.

Arrangements have been entrusted to the care of Bragdon-Kelley Funeral Home, Machias, where on-line condolences may be shared: bragdonkelley.com.

"Glad was the living—Blessed be the dying—Let the leaves fall." Harriet Monroe.

Claire T. Speranzo, 93

Claire T. (Coletti) Speranzo, age 93, of Randolph, formerly of Quincy, died peacefully, Wednesday, May 18, 2022, at South Cove Manor at Quincy Point Rehabilitation Center, in the comfort of her loving family.

Claire was born in Quincy, to the late Romeo and Frances (Govulio) Coletti. Raised in Boston and Quincy, she was a graduate of the former Saint Mary's School in West Quincy. She lived in Randolph for the past fourteen years, previously in Quincy for most of her life. She was also a thirty-year winter resident of Naples and North Fort Myers, Fla.

Claire began her career as a hairdresser. She left the workforce to raise her family, and later returned to work as a traffic supervisor in the City of Quincy's Traffic Department for twenty years. She had been retired for many years.

Claire and her late husband, Rico, were dedicated volunteers for the Department of Veterans Affairs for twenty-three years. She was also a member of the Red



CLAIRE T. SPERANZO

Hat Society. Claire was an avid Red Sox fan.

Most of all, she was devoted to her family, especially her grandchildren, actively supporting their many activities and accomplishments.

Beloved wife for seventy-one years of the late Americo "Rico" Speranzo, Captain, Quincy Fire Department, Retired.

Devoted mother of Frank L. Speranzo and his wife Arlene of Plymouth, Richard A. Speranzo and his wife Diane of Quincy, and William J. Speranzo and his wife Diane of Randolph.

Loving grandmother of Frank L. Speranzo, Jr., Dina McHugh, Jill Rinehart, Keri Luggelle, and Dominick Speranzo, and great-grandmother of Zachary, Thomas, Alexa, Salvatore, Zoe, Vincent, Matthew, and Stella.

The last of four siblings, she was predeceased by Louise Coletti, Rita Tempesta, and Paul Coletti. Claire is also survived by many nieces and nephews.

Visiting hours were held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Tuesday, May 24. A Funeral Mass will be celebrated at Divine Mercy Parish in Saint Mary's Church, 95 Crescent St., West Quincy, on Wednesday, May 25, at 10:30 a.m. Interment to follow at Blue Hill Cemetery, Braintree.

For those who wish, donations in Claire's memory may be made to Susan G. Komen, 13770 Noel Rd., Suite 801889, Dallas, TX 75380 or by visiting komen.org.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

James I. Boyd, 79

James I. Boyd, age 79, a lifelong Quincy resident, died peacefully, Friday, May 20, 2022 at the Massachusetts General Hospital, in the comfort of his loving family.

James was born in Quincy to the late Irving J. and Marjorie M. (Shea) Boyd. He was raised in Quincy and was a graduate of Quincy High School, Class of 1960, and attended Bentley School of Business.

He was employed for twenty-eight years as an accountant for the former Grass Instrument Company.

As a young man, Jim enjoyed sports, playing basketball and he was a competition level bowler, partici-

pating on television bowling contests. He was a lifelong member of the South Shore YMCA, where he made many enduring friendships.

Jim was also a lifelong parishioner of Saint Mary's Parish in West Quincy, where he had served as a lector and as an extraordinary minister of Holy Communion.

Devoted brother of Lorraine M. O'Brien and her husband Richard of Quincy.

Jim is also survived by several dear cousins and their families.

Longtime friend of Peter Yngve and his wife Ingrid of Weymouth and loving friend and companion of the late Jean Grayken.

Visiting Hours will be held at the Sweeney Brothers Home for Funerals, 1 Independence Ave, Quincy, on Thursday, May 26 from 5 - 7 p.m. Relatives and friends are invited to attend. A Funeral Mass will be celebrated at Divine Mercy Parish in Saint Mary's Church, 95 Crescent St., West Quincy, on Friday, May 27 at 10 a.m. Interment to follow at Blue Hill Cemetery, Braintree.

For those who wish, donations in Jim's memory may be made to the charity of your choice.

You are invited to visit thesweeneybrothers.com or call 617-472-6344.

In loving memory
of
your Birthday

Family & Friends



Richard J. Koch

May 31, 1923 -

August 23, 1987

OBITUARIES

Mary T. Carr

Mary Theresa "Maydee" Carr entered the eternal kingdom of heaven (Kerin) Carr entered the on May 21, 2022 after a long

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE ZBA 22-34

Pursuant to the provisions of Title 17 of the Quincy Municipal Code as amended, the **QUINCY ZONING BOARD OF APPEALS** will hold an **Open Public Hearing** on **Tuesday, June 14, 2022 at 6:00pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169**. On the application of Langelo Ho for a Short Term Rental/Special Permit to allow the premises to be used as a short term rental property in violation of Title 17 as amended Chapter 3.1.4 Appendix A (table of use regulations) and Chapter 9.4 (special permits) on the premises numbered 307 WATER STREET, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

5/26/22, 6/2/22

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE ZBA 22-35

Pursuant to the provisions of Title 17 of the Quincy Municipal Code as amended, the **QUINCY ZONING BOARD OF APPEALS** will hold an **Open Public Hearing** on **Tuesday, June 14, 2022 at 6:00pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169**. On the application of Bud Bus, Inc./Steve Guard for a Special Permit/Variance to operate a Delivery Operator establishment for recreational marijuana products in violation of Title 17 as amended Chapter 375, Section 6.11 (special permit for adult marijuana delivery distribution center), Chapter 6.11.4.1 (1500 feet from residential district), Chapter 6.11.1A.K (500 feet from any establishment licensed under G.L. Chapter 138 Section 12) and Chapter 5.1 (off street parking) on the premises numbered 90 SCHOOL STREET, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

5/26/22, 6/2/22

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE ZBA 22-39

Pursuant to the provisions of Title 17 of the Quincy Municipal Code as amended, the **QUINCY ZONING BOARD OF APPEALS** will hold an **Open Public Hearing** on **Tuesday, June 14, 2022 at 6:00pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169**. On the application of Alfred Pecce for a Variance/Finding to subdivide the existing four (4) lots into two (2) lots, keeping the existing single family home on one lot and constructing a new single family home on the newly created lot in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structure), Chapter 4.1.1 (dimensional requirements) and Chapter 4.1.2.1 (front setback) on the premises numbered 12 ADELIN PLACE, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

5/26/22, 6/2/22

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE ZBA 22-44

Pursuant to the provisions of Title 17 of the Quincy Municipal Code as amended, the **QUINCY ZONING BOARD OF APPEALS** will hold an **Open Public Hearing** on **Tuesday, June 14, 2022 at 6:00pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169**. On the application of Attorney Patrick Foley for a Variance/Finding to remove the existing storefront and two-story residential multi-family house and build a six (6) residential unit and two (2) commercial space building with 15 parking spaces in violation of Title 17 as amended Chapter 4.1 (dimensional requirements) and Chapter 3.4.3 (nonconforming structures) on the premises numbered 106-108 FRANKLIN STREET, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

5/26/22, 6/2/22

struggle with Alzheimer's disease.

Mary was born in Doolin, County Clare, in 1937, the daughter of John and Bridget Kerin. She emigrated to the United States in 1955 and met the love of her life, Martin, shortly thereafter. They were married in August of 1959, raising their family in St. Peter's and St. Mark's parishes in Dorchester. She was active in both parishes,

serving on the Irish Dance committee, as cub scout den mother, and eucharistic minister and lector for the church. In 1985, Mary started her career with the City of Boston, ultimately working her way up to the position of Senior Project Manager in the Office of Neighborhood Development. She loved being able to serve the elderly in the community and was recognized by Mayor Thom-

as Menino with the Henry L. Shattuck Public Service Award in 2000. Mary was also very active in Boston's Irish Community volunteering at the Irish Pastoral Center and many years on the executive committee for Boston's Rose of Tralee. She was also an active volunteer for the Shattuck Shelter for the Homeless for many years.

Mary will be missed by many for her warm heart and beautiful smile. She is predeceased by her beloved son Michael and brother J.P. She is survived by her husband Martin, brother T.J., sister Bridget, children David (Joan) and Kevin and grandchildren Matthew, Michael, Kevin, Daniel, Katie, William, Elizabeth and Timothy in addition to many nieces, nephews and cousins.

Relatives and friends are respectfully invited to greet the family during the visiting hours on Thursday, May 26, 2022, 4-8 p.m. in the Keohane Funeral Home, 785



MARY T. CARR

Hancock St., Quincy.

A Celebration of Life Service will be held in the funeral home at 11 a.m. on Friday, May 27, 2022, prior to the Funeral Mass in St. Mark's Church, 1725 Dorchester Ave., Dorchester, MA 02124, at 12 p.m.

Services conclude with interment in Cedar Grove Cemetery, Boston.

In lieu of flowers, donations in memory of Mary may be sent to the Franciscan Sisters of Allegany New York, 115 East Main St., Allegany, NY 14706, (Care of Margaret Magee).

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE ZBA 22-42

Pursuant to the provisions of Title 17 of the Quincy Municipal Code as amended, the **QUINCY ZONING BOARD OF APPEALS** will hold an **Open Public Hearing** on **Tuesday, June 14, 2022 at 6:00pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169**. On the application of Christelle Jean-Francois for a Finding to operate a small residential and commercial cleaning business in violation of Title 17 as amended Chapter 3.4.2 (finding) on the premises numbered 372 GRANITE STREET, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

5/26/22, 6/2/22

NOTICE OF PUBLIC HEARING

NOTICE OF PUBLIC HEARING
City of Quincy
ZONING BOARD OF APPEALS

CASE ZBA 22-40

Pursuant to the provisions of Title 17 of the Quincy Municipal Code as amended, the **QUINCY ZONING BOARD OF APPEALS** will hold an **Open Public Hearing** on **Tuesday, June 14, 2022 at 6:00pm** in the **First Floor Meeting Room, Quincy City Hall, 1305 Hancock Street, Quincy MA 02169**. On the application of Off The Grid Architects for a Finding to construct an addition over an existing room in violation of Title 17 as amended Chapter 3.4.3 (nonconforming structures) on the premises numbered 130 RESERVOIR ROAD, QUINCY.

Plans and Specifications may be viewed online at <https://quincyma.viewpointcloud.com/>.

Martin Aikens, Chairman

5/26/22, 6/2/22

LEGAL NOTICE

ALL POLICE ORDERED OR ACCIDENT TOWS

(Sale of Motor Vehicle under G.L. c. 255, Section 39A)
Notice is hereby given by: Schlager Auto Body Repair, 299 Centre St., Quincy, MA

pursuant to the provisions of G.L. c.255, Section 39A, that on Saturday, June 4, 2022 at 8:00A.M. at 299 Centre St., Quincy, MA 02169 A Public Sale of the following Motor Vehicle will be sold to satisfy the garage-keeper's lien thereon for storage, towing charges, care and expenses of notices and sale of said vehicle.

Description of Vehicle: 3GYFNAE37CS573344 Cadillac SRX 2012, FL QWB134

Name and address of owner of vehicle: Michael Ingoldsby, 6097 Victory Drive, Ava Maria, FL 34142

By: James Schlager

This notice has been given under the provisions of G.L. c.255, Section 39A
5/19, 5/26, 6/2/22

LEGAL NOTICE

ALL POLICE ORDERED OR ACCIDENT TOWS

(Sale of Motor Vehicle under G.L. c. 255, Section 39A)
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Description of Vehicle: 5UXFG8C55ALZ94560 2010 BMW X6

Name and address of owner of vehicle: Alexandria Mosley, 80 Fenwood #312, Boston, MA 02115

By: James Schlager

This notice has been given under the provisions of G.L. c.255, Section 39A
5/19, 5/26, 6/2/22

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Prez Pub, Inc., doing business as Presidential Pub, Harvey Guilbault, Manager, for a transfer of the All-Alcoholic Beverages General On-Premises License presently held by Rycon Inc, for the premises located at 29 Temple Street. The premises is a ground level location of approximately 1250 sq. ft. A hearing will be conducted at **4:00 p.m. on Tuesday, June 7, 2022**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

5/26/22

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Quincy Market LON Corp., doing business as Quincy Market, Hugh MacDonnell, Manager, for a transfer of the Off-Premises Package Store Wines and Malt Beverages License presently held by 33 Washington Street Inc., for the premises located at 33 Washington Street. The applicant also seeks a pledge of the license and inventory to Rockland Trust Company. The premises is a single-story first floor retail location of approximately 1,800 sq. ft. A hearing will be conducted at **4:00 p.m. on Tuesday, June 7, 2022**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

5/26/22

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Bhudevi Inc., doing business as Wine & Market, Sunilkumar Patel, Manager, for a transfer of the Off-Premises Package Store All-Alcoholic Beverages License presently held by 2030 Ocean Street LLC, for the premises located at 67 Billings Road. The applicant also seeks a pledge of the license and inventory to Rockland Trust Company. The premises is a single-story first floor retail location with basement storage of approximately 2,650 sq. ft. A hearing will be conducted at **4:00 p.m. on Tuesday, June 7, 2022**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

5/26/22

PUBLIC NOTICE

CITY OF QUINCY

BOARD OF LICENSE COMMISSIONERS

Notice is hereby given under Chapter 138 of the Massachusetts General Laws that an application has been received from Kilroy's OTS 14 LLC doing business as Kilroy's on the Square, Kerri Delaney, Manager, for a transfer of the On-Premises All-Alcoholic Beverages Restaurant License presently held by Tullys Café Inc, for the premises located at 24 Cottage Ave. The applicant also submitted for an alteration of the licensed premises to reflect renovations that include shifting the current bar area to accommodate a new kitchen. The premises is a ground level location of approximately 1200 sq. ft. with a basement for storage. In addition to the bar area there will also be tables for seated dining. A hearing will be conducted at **4:00 p.m. on Tuesday, June 7, 2022**, at Quincy City Hall, first floor Boards and Commissions Room 1305 Hancock Street.

Nicole L. Crispo
Chair

5/26/22

AAA: MA Gasoline Prices Up 13 Cents

Massachusetts's average gas price is up 13 cents from last week (\$4.60), averaging \$4.73 per gallon.

Monday's price is 61 cents higher than a month ago (\$4.12), and \$1.82 higher than May 16, 2021 (\$2.91). Massachusetts's average gas price is 14 cents higher than the national average.

The national average for a gallon of gas has not fallen for nearly a month. Gasoline

has either remained flat or risen every day since April 24 and has set a new record daily since May 10. That was the day gas eclipsed the previous record high of \$4.33, set earlier this year on March 11. The national average for a gallon of gasoline is now \$4.59 and all 50 states are above \$4 per gallon.

"Gasoline is \$1.19 more than it was the week of Russia's invasion of Ukraine,"

said Mary Maguire, AAA Northeast Director of Public and Government Affairs. "That sent shock waves through the oil market that have kept oil costs elevated. Domestically, meanwhile, seasonal gas demand is rising as more drivers hit the road, despite the pain they face paying at the pump."

AAA Northeast's May 23 survey of fuel prices found the current national average to be 11 cents higher than

last week (\$4.48), averaging \$4.59 a gallon. Monday's national average price is 47 cents higher a month ago (\$4.12), and \$1.56 higher than this day last year (\$3.03).

LEGAL NOTICE

CITATION ON PETITION FOR

FORMAL ADJUDICATION
Docket No. NO22P1128EA
Commonwealth of Massachusetts
The Trial Court
Probate and Family Court
Norfolk Probate and Family Court
35 Shawmut Road
Canton, MA 02021
(781) 830-1200
Estate of:

Anthony T. McDonnell
Date of Death:
3/28/2022

To all interested persons:
A Petition for **Formal Probate of Will with Appointment of Personal Representative** has been filed by **James J. McDonnell of Breezewood, PA** requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: **James J. McDonnell of Breezewood, PA** be appointed as Personal Representative(s) of said estate to serve **Without Surety** on the bond in **unsupervised administration**.

IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: **10:00 A.M. on the return day of 06/08/2022**. This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Patricia Gorman, First Justice of this Court.

Date: May 5, 2022
COLLEEN M. BRIERLEY
Register of Probate

5/26/22

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Public Works

Thomas P. Koch
Mayor
Alfred J. Grazioso
Commissioner

INVITATION TO BID

The Department of Public Works for the City of Quincy, Massachusetts is seeking sealed bids for **ROAD IMPROVEMENTS 2022 - CONTRACT #4** until **11:00 a.m., local time Thursday, June 9, 2022**, in the offices of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud.

The work under this contract consists of: Full depth reclamation, installation of new base and top courses; installation of new bituminous sidewalks, installation of new cement concrete sidewalks, resetting of existing granite curbing and installation of new granite curbing. Installation of loam and seed is required and all related work to complete the project. Full depth reclamation, installation of new base and top courses; installation of new bituminous sidewalks, installation of new cement concrete sidewalks, resetting of existing granite curbing.

The Contractor must demonstrate to the City of Quincy their ability to perform on the site, and with its own organization, work equivalent to at least 40% percent of the total amount of work to be performed under the contract.

All work under this contract shall be substantially complete by November 1, 2022 and All work shall be ready for final pavement by November 15, 2022.

MassDOT prequalification of contractors with the class of work as; **HIGHWAY CONSTRUCTION**, for the project with an estimated value of **\$3,091,819.50**

Detailed specifications are available on-line at the City of Quincy's website, www.quincyma.gov and also available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM. Specifications will be available May 25, 2022.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All applicable Federal, State and City of Quincy regulations in relation to and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Kathryn R. Logan
Purchasing Agent

5/26/22

INVITATION TO BID

INVITATION TO BID

CITY OF QUINCY, MASSACHUSETTS
Department of Natural Resources

Thomas P. Koch
Mayor
David Murphy
Commissioner

INVITATION TO BID

The Department of Natural Resources for the City of Quincy, Massachusetts is seeking sealed bids for the **MERRYMOUNT PARKWAY RECONSTRUCTION PROJECT - PHASE 1** until 11:00 A.M. local time **June 10, 2022**, in the office of the Purchasing Agent, 1305 Hancock St., Quincy, Massachusetts 02169, at which time and place all bids will be publicly opened and read aloud. All bids shall include 1 original hardcopy and 1 thumb drive of all information submitted. All questions are due no later than June 3, 2022 @ 11:00 a.m.

The work under this Contract consists of streetscape improvements including replacement of sidewalk with cement concrete walk featuring ADA compliant curb cuts and wheelchair ramps, pedestrian crossings, on-street parallel parking, removing and resetting or replacing granite curb, linear landscape features including landscaped median, lighting, trees, plantings, and mulch, drainage upgrades, micro-mill and overlay and full depth reconstruction of the roadway, and application of new pavement markings. Bids shall be on a unit price basis as indicated in the Bid Form.

All work with the exception of Item 450.22 (Superpave Surface Course), shall be completed within 210 days of the Notice to Proceed. Item 450.22 shall be completed by April 15, 2023. MassDOT prequalification of contractors with the class of work as; **HIGHWAY CONSTRUCTION**, for the project with an estimated value of **\$3,697,305.96**.

Detailed drawings and specification are available on-line at the City of Quincy's website, www.quincyma.gov and can also be made available at the Office of the Purchasing Agent, Quincy City Hall, 1305 Hancock Street, Quincy, Massachusetts, 02169, between the hours of 8:30 AM and 4:30 PM.

A non-mandatory pre-Bid conference will be held at the Department of Natural Resources, One Merrymount Parkway, Quincy, MA 02169, on June 1, 2022 at 11:00AM.

Each bid shall be accompanied by a bid security in the amount of five percent (5%) of the total value of the bid in the form of a bid bond or certified/treasurer's check.

The bidding and award of this contract shall be in full compliance with Massachusetts General Laws, Chapter 30, Section 39M, as last revised. All Federal, State and City of Quincy regulations and subject to the minimum wage rates set under the Massachusetts Prevailing Wage Law Chapter 149, §26 to 27H and/or any applicable federal rates. The City reserves the right to waive any informality in or to reject any or all bids when such an action is deemed in the best interests of the City.

Non-responsive and/or unbalanced bids may be rejected.

Thomas P. Koch
Mayor

Kathryn Logan
Purchasing Agent

David Murphy
Commissioner

5/26/22

SUN FUN PAGES

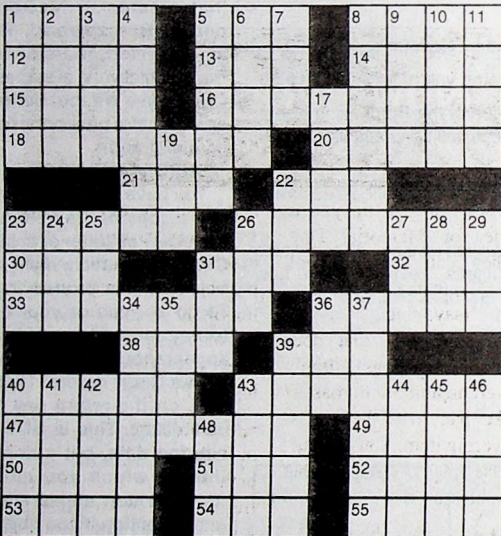
King Crossword

ACROSS

- 1 Ancient Brit
- 5 Started
- 8 Fail to see
- 12 River to the Baltic
- 13 Spanish gold
- 14 "Do — others ..."
- 15 Opera set in Egypt
- 16 Used a Hoover, say
- 18 Baseball divisions
- 20 Diving ducks
- 21 Leb. neighbor
- 22 Ostrich's kin
- 23 Sousa composition
- 26 Empty, as a stare
- 30 Commotion
- 31 Melody
- 32 "Top Hat" studio
- 33 Flu forestaller
- 36 Autocrats
- 38 Tummy muscles
- 39 Chatter
- 40 Skirt style
- 43 Set of words
- 47 Work break
- 49 Nitwit
- 50 Pedestal occupant
- 51 In shape
- 52 Ancient Dead Sea land
- 53 T taxpayer IDs
- 54 NBC weekend show
- 55 Scarce
- 17 Gomer Pyle's org.
- 19 Show to a seat, slangily
- 22 Hearing thing
- 23 Dallas hooper, briefly
- 24 Nabokov novel
- 25 Sinbad's bird
- 26 Compete
- 27 Man-mouse link
- 28 Kiev's land (Abbr.)
- 29 "Mayday!"
- 31 Reply (Abbr.)
- 34 Suez and Erie, e.g.
- 35 "Yeah, right"
- 36 Levy
- 37 Web master?
- 39 Streisand title role
- 40 Hertz rival
- 41 Young fellows
- 42 PC picture
- 43 Pork cut
- 44 Musical finale
- 45 Bloodhound's clue
- 46 Alaskan city
- 48 Conditions

DOWN

- 1 Furnace fuel
- 2 Falco of "Nurse Jackie"
- 3 Spartan queen
- 4 Very sad
- 5 Paramour
- 6 Historic periods
- 7 Physician's nickname
- 8 Hawaiian garment
- 9 "By the power vested — ..."
- 10 Leftovers recipe
- 11 Lays down the lawn



MAGIC MAZE • FRENCH SURNAMES

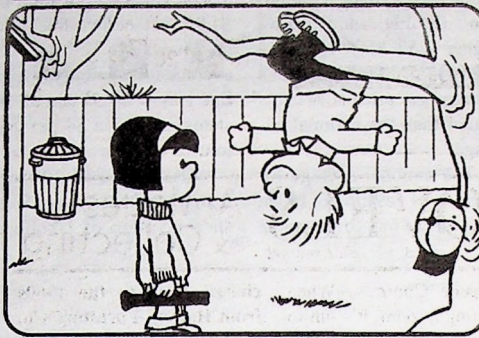
J P M J H E B F Y V T Q O L I
G D B Y W (B L A N C H E T) T R
P M K I F D B V Y T O R R E P
W U S N Q Y O R T M E R O K I
F D B Z I T Z E N B X E F W U
S Q O N L T N O L S J I U H F
D C A Y W O R O K B I P A V T
S Q P N M R C A P R M O E L K
I H F E A T N O M U A E B C B
Z Y W H V U S R Q P D S R U N
L A C S A P M L S A M O H T D

Find the listed words in the diagram. They run in all directions forward, backward, up, down and diagonally. Unlisted clue hint: IMPRESSIONIST CLAUDE —

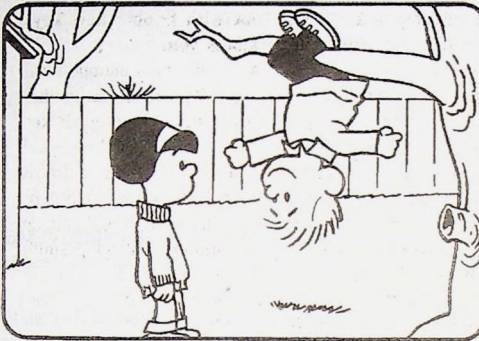
Beaufort Dubois Martin Sarkozy
Beaumont Pascal Thomas
Blanchet Dupont Perrot Tremble
Charron Favre Pierre

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Trash can is shorter. 2. Arm is missing. 3. Instrument case is missing. 4. Tree limb is shorter. 5. Hair is different. 6. Cap is missing.

Trivia test by Fifi Rodriguez

1. U.S. STATES: Which state is the smallest in land area?
2. MEDICAL: What is a common name for the medical condition called hyperlipidemia?
3. PSYCHOLOGY: What is the abnormal fear represented by peccatophobia?
4. FOOD & DRINK: What fish is the basis of Worcestershire sauce?
5. GEOGRAPHY: Nuuk is the capital of which island constituent country?
6. U.S. PRESIDENTS: Which state has produced the most presidents?
7. ART: In which major city would you find the Uffizi Gallery?

8. MOVIES: What is the main setting of the "Mama Mia" movies?
9. MYTHOLOGY: What is the name of the Greek god of wine?
10. GENERAL KNOWLEDGE: Where is the rock formation called Giant's Causeway located?

Answers

1. Rhode Island
2. High cholesterol
3. Fear of committing sins or imaginary crimes
4. Fermented anchovies
5. Greenland
6. Virginia, with eight presidents
7. Florence, Italy
8. Skopelos, Greece
9. Dionysus
10. Northern Ireland

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Wishing Well®

4 3 5 8 7 8 7 6 5 4 6 5 6
H L T L P O O D I E A M R
8 3 5 3 6 4 8 7 5 4 5 6 2
V O E V E A E I T L O T N
6 3 8 4 2 7 5 2 3 2 5 2 7
O E A T E S C W O T H H E
3 2 8 4 7 6 4 8 5 6 2 7 6
F O B H D B I O A E U F B
4 6 3 4 3 6 4 3 7 2 8 7 8
M R R P E A R S O G U R N
2 7 3 7 6 3 6 7 2 7 4 8 7
H V E I V A E C T T O D O
3 7 2 4 8 5 3 5 4 7 3 5 4
R R S V S N C G E Y H E S

HERE IS A PLEASANT LITTLE GAME that will give you a message every day. It's a numerical puzzle designed to spell out your fortune. Count the letters in your first name. If the number of letters is 6 or more, subtract 4. If the number is less than 6, add 3. The result is your key number. Start at the upper left-hand corner and check one of your key numbers, left to right. Then read the message the letters under the checked figures give you.

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Salome's Stars

ARIES (March 21 to April 19) A heads-up alert to all free-spirited Ewes and Rams: Be wary of a deal that could result in compromising your independence. Check every detail before making a commitment.

TAURUS (April 20 to May 20) New facts emerge that help put an irksome workplace situation in perspective. Meanwhile, pay more attention to a family member who needs your wisdom and strength.

GEMINI (May 21 to June 20) A slight setback in plans is nothing to worry about. Use this delay to deal with a number of matters you might have ignored for too long. Expect news from someone in your past.

CANCER (June 21 to July 22) You're entering a period of stability. Use it to straighten out any outstanding problems related to a very personal situation. Also, pay closer attention to financial matters.

LEO (July 23 to August 22) As much as you love being a social Lion, you might well benefit from staying out of the spotlight for a while. You need time to reflect on some upcoming decisions.

VIRGO (August 23 to September 22) A difficult family situation improves, thanks to your timely intervention. You can now start to focus more of your attention on preparing for a possible career change.

LIBRA (September 23 to October 22) An on-the-job change works to your benefit by offering new opportunities. It's up to you to check

them out. Meanwhile, a stalled romantic situation starts up again.

SCORPIO (October 23 to November 21) That flare-up of Scorpion temperament cools down, leaving you more receptive to suggestions about changes that might need to be made in your personal life.

SAGITTARIUS (November 22 to December 21) An unusual period of indecisiveness is a mite frustrating. But things soon clear up, allowing the sage Sagittarian to make those wise pronouncements again.

CAPRICORN (December 22 to January 19) You might feel that you 'know best, but it's not a good idea at this time to try to force your opinions on others. Best advice: Inspire change by example, not by intimidation.

AQUARIUS (January 20 to February 18) Some setbacks could affect your plans to fortify your financial situation. But things start moving again by early next week. Meanwhile, enjoy your resurgent social life.

PISCES (February 19 to March 20) Show that often-hidden steely spine of yours as you once again stand up to an emotional bully. You've got the strength to do it, especially as friends rally to your side.

BORN THIS WEEK: Your ruling planet, Mercury, endows you with a gift for writing. Have you considered penning the world's greatest novel?

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

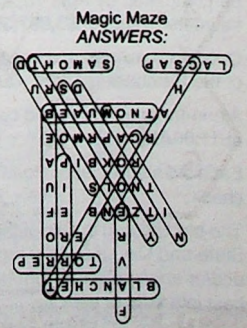
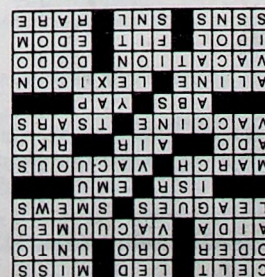
Clue: R equals S

MFFY HB RFH ILWBLWHWFR?
KBMRTQH S IWSMB HFKOMWKWSM.
HOFV'LF RNWQQFY SH SYLLFRRWMP
NFV WRTFR.

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King Crossword — Answers

Solution time: 23 mins.



Need to set priorities? They're skilled at addressing. Consult a piano technician. Key issues.

CryptoQuip answer

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HOLLYWOOD

by Tony Rizzo

HOLLYWOOD—Has James Bond bombed? When you've made five James Bond films (collectively grossing \$3 billion), you must believe you can do anything. Daniel Craig, now 54, must have felt he needed to drastically change his career direction now that he's no longer 007. Why he chose Shakespeare's "Macbeth," post-Bond, must be because of director Sam Gold, who promised this Broadway production would be innovative and different. In view of Denzel Washington's Oscar nomination for HIS "Macbeth" film, it was a gutsy decision for Craig.

However, critics were waiting with their little hatchets! One called the production "uninvolving, ponderous and a real blunderball." His leading lady, Ruth Negga as Lady Macbeth, came off much better, and critics proclaimed, "She stole the show with her mellifluous voice and the requisite intensity for the woman plotting to kill King Duncan!" Barbara Broccoli, Bond films producer, produced this show, but admits she's still searching for the next 007. Her short list has Tom Hardy, Henry Cavill, Idris Elba and "Euphoria" star Jacob Elordi, who's Australian, 6-foot-5 and just turning 25. He's no stranger to sequels; he starred in "The Kissing Booth 1, 2 and 3." Craig's not crying, however; he got a \$100 million paycheck to reprise his role as Detective Benoit Blanc in a pair of "Knives Out" sequels.

Not on any Bond list is 38-year-old Chris Hemsworth, 6-foot-3 and built better than Craig. Hemsworth

has completed two Netflix films, the sci-fi thriller "Spiderhead," with Miles Teller, and a sequel to the action thriller "Extraction." He's also prepping the \$65 million "Furiosa," a "Mad Max" prequel, for a May 2024 release. But first we'll see "Thor: Love and Thunder," premiering July 8.

I caught "The Batman" on HBO Max and was pleasantly surprised how perfectly suited Robert Pattinson is in the title role, and how entertaining and compelling the film is. We're looking forward to his next two "Batman" films!

The music world is going out of its mind because of an upcoming auction of a 300-year-old Stradivarius violin reputed to have been used to create the Oscar-winning score of "The Wizard of Oz." The Rolls Royce of violins is expected to bring a winning bid of up to \$20 million.

The Stradivarius belonged to Odessa-born Toscha Seidel (1899-1962), considered one of the greatest violinists of the 20th century. Seidel used his violin to play on the scores of two other MGM films: "The Great Waltz" (1938), with Louise Rainer and Miliza Korjus, and "Intermezzo" (1939), with Ingrid Bergman and Leslie Howard. Though there are still about 600 Stradivarius violins worldwide, one sold in 2011 for \$15.9 million.

Seidel once gave violin instruction to Albert Einstein, who paid him with a sketch reportedly diagramming his theory of relativity. What the heck might that be worth?

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		x		9
÷		-		÷	
	x		+		15
+		x		+	
	+		x		11
10		20		2	

1 2 3 5 6 7 8 9 9

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KOVELS' Antiques & Collecting

By Terry and Kim Kovel

Campeche Chair—When decorating a room, it's fun to include something out-of-the-ordinary. Perhaps you can find an unusual lamp or a modern painting, or a piece of furniture in a unique style. Try something new and go to an auction to see what's selling. Neal Auction Company's recent auction was selling different styles of antique furniture, including a Campeche chair. It looked a lot like some modern chairs, but it had a single piece of leather curved to make the back and seat on a simple wooden frame. The back was tipped just enough to make it a perfect place to nap. The legs were upside-down capital C's, one on each side with a center stretcher. It was a perfect conversation piece.

The name "Campeche" comes from its use in the city of Campeche, Mexico, where it was popular in the late 18th century. Historians thought the name came from campeche wood, but most were made of mahogany. Looking up the chair's history takes talent because it is also called a "Spanish chair" or a "butac" (a shortened form of other words, "butaca" or "boutaque," used for the chair). Some call it the "planter's chair." Thomas Jefferson had one of these chairs he called a "Campeachy."

The chairs, similar to earlier X-frame chairs, were popular in Louisiana and shipped to New Orleans. They were used in Philadelphia by the 1830s and in London by about 1845. Some modern artists, including silversmith William Spratling, were creating similar pieces in the 1950s. The chairs are still being made and sold in the U.S. today.

Q: I have two curio cabinets labeled "Jasper." I pur-

chased them in the 1960s from Harlem Furniture Co. in Dayton, Ohio. I was hoping that you could help me out with finding new keys! Thank you.

A: If owners of antique furniture collectors are lucky, their pieces have the original key. If you don't see a key, check to see if it's taped in a drawer or on the back panel. Don't remove the lock, it will damage the furniture. Call a locksmith. Ask an antiques dealer or auction gallery if it can suggest a locksmith who repairs antiques. There are master keys for most types of locks—old or new, furniture, house or filing cabinet, even clocks and coin-operated machines.

CURRENT PRICES

Toy, ride-on car, Corvette, fastback style, metal, steering wheel on hood, original box, Republic Tool & Die Corp., Los Angeles, 1966, 24 inches long, \$270.

Garden settee, cast iron, three bronze urn splats connected with flowers and swags, arched legs, Victorian, 29 1/2 x 47 inches, \$575.

Glass chess set, clear and multicolored hand-blown playing pieces, inlaid wooden board with turned sides, Kjell Engman, Kosta Boda, board 24 1/2 inches, square, tallest playing piece 5 3/4 inches, \$1,500.

TIP: Old vs. new iron garden furniture: Old iron furniture usually weighs more, and the iron is smoother than new iron. Look for rust and faded paint, also. But remember, that too can be faked.

For more collecting news, tips and resources, visit www.Kovels.com

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STICKELERS by Terry Stickels

Match the word on the left with its definition on the right.

- | | |
|----------------|--------------------|
| 1. impecunious | a. having no money |
| 2. quaff | b. foolish old man |
| 3. dotard | c. easily angered |
| 4. fecund | d. fertile |
| 5. choleric | e. drink quickly |

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Strange BUT TRUE

• Idaho is the only U.S. state to explicitly declare that cannibalism is illegal.

• In 2001, the FBI warned Russell Crowe that al-Qaeda were planning to kidnap him as part of a "cultural destabilization plot." For nearly two years, the agency guarded the actor in public, but refused to provide him with any details about the threat.

• In Germany, folks who urinate in the streets are called "wildpinklers," meaning "free pee-ers."

• Gorillas sing happy songs while they eat—louder when enjoying a favorite food.

• Talk about election fraud! In 2013, police in the Maldives arrested a coconut for loitering near a polling station during the presidential election. The fruit's offense? Locals feared it might have been imbued with a magic spell to influence the election, as there was a Surah (chapter from the Quran) written on it.

The coconut was released upon being found to be fake.

• In 2014, over 2.8 million American dogs were on an antidepressant drug similar to Prozac.

• Alarmed neighbors of a couple in Sydney, Australia, called the police after hearing a woman screaming, furniture crashing and a man shouting: "I'm going to kill you, you're dead! Die! Die!" When the law arrived on the scene they found, however, not a typical case of domestic violence, but a frenzied attempt to kill a spider.

• Now here's a good reason to call your plumber: A leaky faucet dripping once every second can waste up to 3,000 gallons of water in a year—enough for 180 showers!

• The U.S. government gave Indiana University \$1 million to study...memes.

Thought for the Day: "Yesterday's home runs don't win today's games."
—Babe Ruth

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Now here's a tip!

by Jo Ann Derson

• Here's a grill tip just in time for Memorial Day: When you need to cook something that needs covering (say, chicken) alongside something that does not (like hot dogs), simply invert an aluminum roaster/cake pan over the needs-covering item. You can purchase smaller size pans that can be reused. —JoAnn

• "I have a tip about taking medicine. Regardless of the size of the pill, I always feel as if it is stuck in my throat. I have started to have a chunk of banana after taking a pill. I don't get that stuck feeling anymore." —T.B. in New Hampshire

• "The sticky residue from price tags can be really annoying. I use WD-40 to get it off. Works every time for me!" —J.K. in Alabama

• "Painting stairs? This tip will save your life! Paint every other step to start with. When they are dry, go back

and paint the others. This way, you can use the staircase anytime during your project. This is particularly important if the stairs are the only way to get to bed after a long day of painting!" —J.L. in Nevada

• Mix a quarter cup of salt in with two tablespoons of bath wash for a sudsy, refreshing, skin-soothing salt scrub.

• To travel with pleated skirts, use this packing trick: Turn the skirt inside out, and straighten all the pleats. Then tape the bottom so that all the pleats are held together. Next, feed the skirt into a leg of pantyhose with the foot cut off. You'll end up with a nice tube, which you can tuck into the side of your luggage.

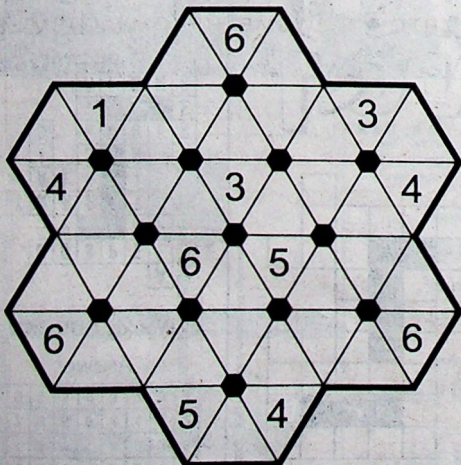
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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SNOWFLAKES

by Japheth Light

There are 13 black hexagons in the puzzle. Place the numbers 1 - 6 around each of them. No number can be repeated in any partial hexagon shape along the border of the puzzle.



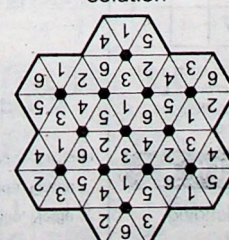
DIFFICULTY THIS WEEK: ◆

◆ Easy ◆◆ Medium ◆◆◆ Difficult

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SNOWFLAKES

solution



Go Figure!

answers

	2		20		10
11	1	x	5	+	9
	+		x		+
15	6	+	8	x	2
	÷		-		÷
6	6	x	7	-	8

Stickelers Answer 1-a, 2-e, 3-b, 4-d, 5-c

Super Crossword

PRIZEWORTHY

ACROSS

- 1 Classic Pabst beer brand
7 Place for hay or a choir
11 Facial mask offerers
15 Barter
19 Retort to "Am sol"
20 "La Traviata" solo, say
21 Many a smartphone message
22 By way of, for short
23 He played V in "V for Vendetta" (sci-fi writing)
25 Domain
26 German "a"
27 The, in Tours
28 Tamish
29 Galahad's title
30 Tina of pop
32 Mogadishu resident
33 "Rags to Riches" singer (Broadway)
35 Capital of Italy, in Italy
38 Golfers' positions
40 Built on
41 Jungian inner self

- 43 Stallion, e.g.
44 Yellow shade
46 "Little Birds" actress [Canadian music]
49 Longtime member of the Four Tops [off-Broadway]
54 Fred dancing in films
55 Tile locale
57 Fly of Africa
58 Rice dish
61 Walton who wrote "The Compleat Angler"
63 Leaves port
64 Rub roughly
68 Ventriquoist with the dummy
71 Horse pace
72 "Incredible!"
74 Delight in
75 Bus stop
77 She's asked to "peel me a grape" in film
79 Call to a pig
81 1982 Dustin Hoffman film
86 "Shameless" actress [television]

- 88 "The Picture of Dorian Gray" novelist [film]
91 Panache
92 La — Tar Pits
93 "The Piano" actor Sam
94 Remits in advance
98 Kids' racers on tracks
101 Lyric verses
102 American labor leader [French film]
105 Verbalized
107 Go — (no slouch)
108 Cager's hoop
109 Went flat
110 Be in arrears
113 Blind as —
114 Uncork, e.g.
116 What any of the eight people featured in this puzzle should be?
118 Dust particle
119 Blu-ray Disc producer
120 Work benefit
121 Puts into law
122 Squeezed (out)
123 Circus barker
124 Actress
125 Least refined

DOWN

- 1 Witty Mort
2 Like facts
3 Rules, for short
4 1969 Beatle bride Yoko
5 "I love thee?"
6 Cooks, as asparagus
7 Kitschy
101 Lyric verses
8 First
9 High-quality
10 Gift label
11 Tamish
12 "Firework" singer Katy
13 Tree topper
14 Governor's fiscal concern
15 "Tristram Shandy" author
16 Complained childishly
17 Actor Will of "30 Rock"
18 — Rico
24 Amo, amas,
29 Distress call
31 Strip down
32 Island group near Fiji
33 Summer shirt
34 Tiny toddler
35 Indian royal
36 Big burden

37 Breath

- 37 Breath freshener
39 Treble —
42 "Take — from me"
44 On the train, e.g.
45 Illusion on a hot road
47 Sandusky's lake
48 Merges
49 Seep out
50 In good order
51 Move a bit
52 Capital of Norway
53 Sticky home?
56 Cuba — (rum cocktail)
59 Tennis champ Andre
60 Courteous act, to a Brit
62 — secret (didn't blab)
64 Judge's wear
65 "Pardon me"
66 Done the, backstroke, e.g.
67 Prefix with 104-Down
69 House unit
70 Jordanian queen
73 Major combat while
76 Word before hall or chier
78 Jesuit college in Worcester
117 Rustic denial

80 Part of NYSE

- 82 Attach with laces, say
83 Lost traction on the ice
84 Waste time
85 Bioelectric fishes
87 Tiara go-with
89 Five-armed echinoderms
90 Lots to leave autos in, to Brits
92 "Lowdown" singer
93 Scaggs
94 World of Warcraft, e.g.
95 Nike rival
96 Grand home
97 Touched comfortably
98 Jewel
99 Blabbed
100 Meat sticker
103 Boxing venue
104 Plastic for a waterbed
106 Suburb of Minneapolis
109 — Pea
110 In time past
111 Makes moist
112 Word before while
115 "The Raven" poet
116 Inclined
117 Rustic denial

celebrity extra

by Dana Jackson

Q: I keep seeing Julianne Hough on commercials. Didn't she used to be a pro on "Dancing With the Stars"? Will she ever return? — K.L.

A: Julianne Hough won two titles as a pro dancer on ABC's "Dancing With the Stars," where she started at just 18 years old. She danced for four seasons and later became one of the judges. Hough soon graduated to feature films, first in movies like a remake of "Footloose," where she could show off her talents on foot, and later in romance flicks like "Safe Haven" opposite Josh Duhamel. In 2016, she played Sandy in the live television production of "Grease." Not unlike many of her peers, her career slowed down during the pandemic. She told People magazine that she did a lot of soul searching during that time, which included an amicable divorce from retired hockey pro Brooks Laich. She's focused on two of her businesses, Fresh Vine Wine and KINRGY, a dance-fitness program.

With no plans to return to "DWTS," Hough is loving her latest role — Broadway

star. However, it's not a musical, as one would expect, but a satirical political comedy called "POTUS." She told People magazine that her "POTUS" co-stars Vanessa Williams ("The Good Wife") and Rachel Dratch ("Saturday Night Live") have "really shown me what friendship is."

Q: I loved Retta, the actress, when she played Donna on "Parks and Recreation" and then later when she starred as Ruby on "Good Girls." What's next for her? — P.E.

A: Born Marietta Sirleaf, comedian-actress Retta started doing stand-up comedy in Raleigh, North Carolina, after graduating from Duke University. She then moved to Los Angeles to try her luck and was soon cast as Donna Meagle on the NBC comedy "Parks and Recreation." That small background role grew into a series regular, where she spent seven seasons stealing scenes. After that she had another small role that graduated into a bigger one on Bravo's scripted series "Girlfriends' Guide to Divorce."

Retta hit another home run with "Good Girls," the NBC series about three suburban best friends who one day decide to rob a grocery store. The show ended after four seasons, but she recently signed a "talent holding deal" with NBCUniversal,



Retta in "Good Girls"
Photo credit: NBC

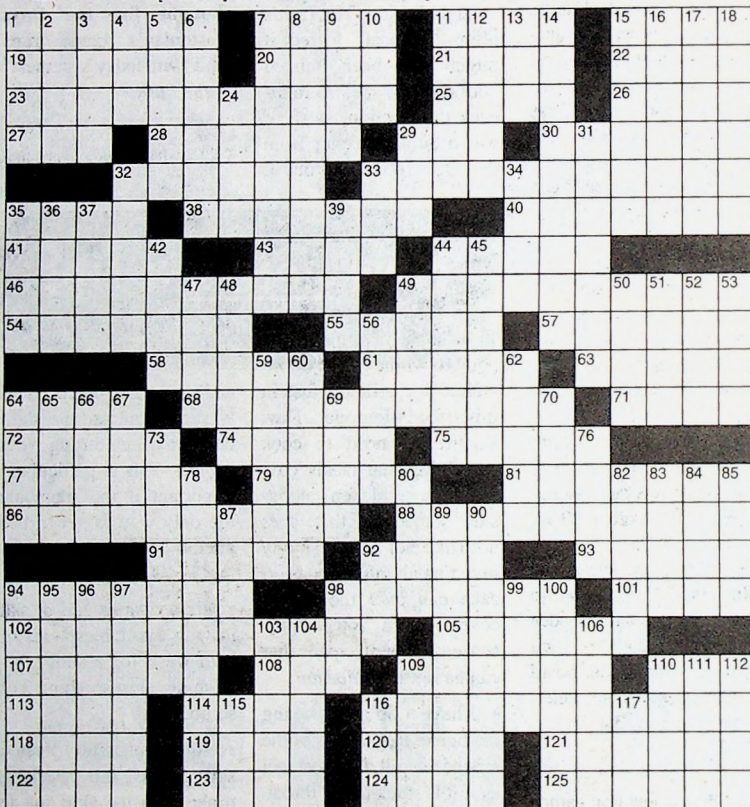
meaning she will "collaborate exclusively" with NBCU Television to find projects where she can star on its various entertainment platforms.

Q: Why did Alton Brown leave the Food Network? Is he leaving TV altogether? — J.C.

A: Best known as the host of "Good Eats" on the Food Network for 14 seasons, Alton Brown decided to follow his other love, the "Iron Chef" franchise, to Netflix. He was a huge fan of the original "Iron Chef" series in Japan and then became part of its American version in several on-air capacities. You can see Brown as one of the hosts of Netflix's "Iron Chef: Quest for an Iron Legend" beginning Wednesday, June 15.

Send me your questions at NewCelebrityExtra@gmail.com, or write me at KFWs, 628 Virginia Drive, Orlando, FL 32803.

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Even Exchange by Donna Pettman

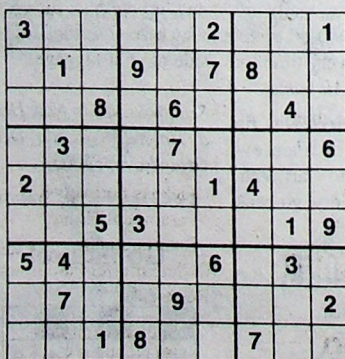
Each numbered row contains two clues and two 6-letter answers. The two answers differ from each other by only one letter, which has already been inserted. For example, if you exchange the A from MASTER for an I, you get MISTER. Do not change the order of the letters.

- | | | | |
|----------------------|-------------|-----------------|-------------|
| 1. Marvel | — O — — — — | Drift off | — A — — — — |
| 2. Wave top | — — E — — — | Pie shell | — — U — — — |
| 3. Spring harbinger | — — B — — — | Pitcher's bag | — — S — — — |
| 4. Daddy | F — — — — | Foam | L — — — — |
| 5. Singer Manilow | — A — — — — | Small fruit | — E — — — — |
| 6. King's chair | — — — — E | Multitude | — — — — G |
| 7. Ski resort | — — P — — — | Pale | — — H — — — |
| 8. Cuddle up | — — S — — — | Irritate | — — T — — — |
| 9. Report card entry | — — — D — — | Mealtime prayer | — — — C — — |
| 10. "Bonanza" actor | — A — — — — | Big Ben's home | — O — — — — |

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Weekly SUDOKU

by Linda Thistle



Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

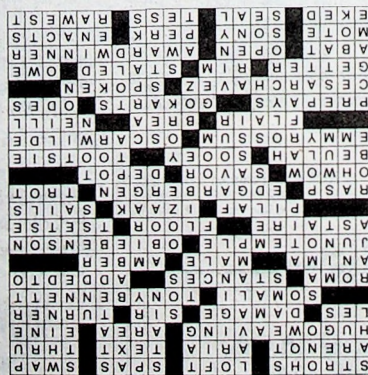
DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

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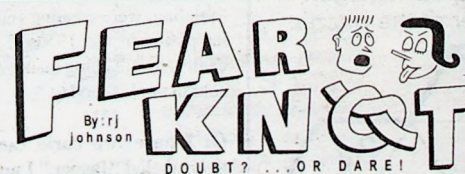
Super Crossword

Answers

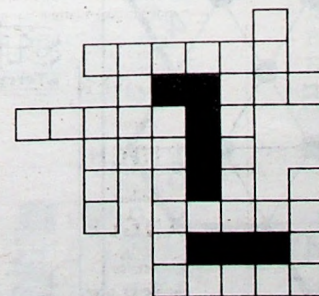


Even Exchange answers

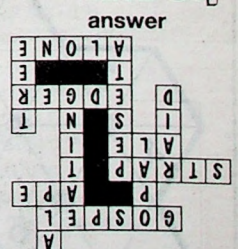
- | | |
|-------------------|--------------------|
| 1. Barry, Berry | 5. Barry, Berry |
| 2. Crest, Crust | 6. Wonder, Wander |
| 3. Robin, Rosin | 7. Aspen, Ashen |
| 4. Father, Lather | 8. Nestle, Nettle |
| 9. Grade, Grace | 10. Landon, London |



- ♥ EAP
♥ SPOGLE
♥ TASPR
♥ ETER
♥ STEAPE
♥ ELA
♥ DRIA
♥ DERGE
♥ PLA
♥ GATNIE
♥ NOLEA
♥ PLOA

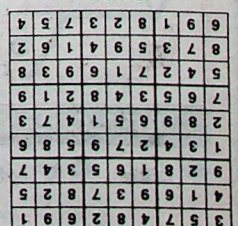


Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



Weekly SUDOKU

Answer

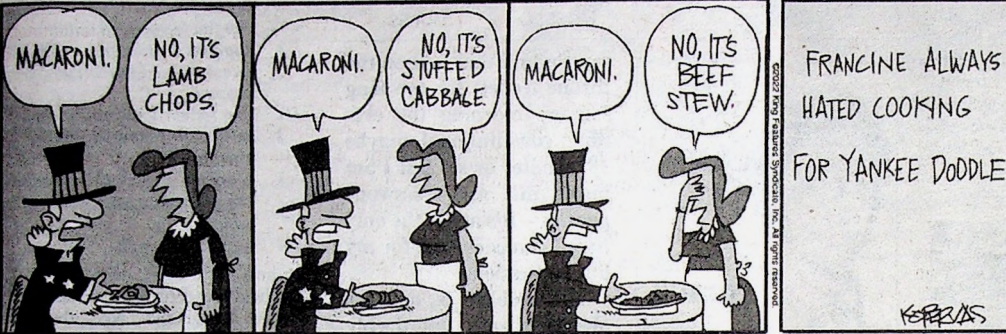


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Amber Waves



Out on a Limb



R.F.D.



SCRAMBLERS

Unscramble the letters within each rectangle to form four ordinary words. Then rearrange the boxed letters to form the mystery word, which will complete the gag!

Murmur

LUGGER

Warble

PIRCH

Collect

ANGLE

Accuse

AMBLE

TODAY'S WORD

Conceptis Hitori

Each puzzle consists of a square grid with numbers appearing in all squares. The object is to shade squares so:

1	5	3	1	2
5	4	1	3	4
3	4	3	1	5
4	4	2	3	3
2	1	5	4	4

- No number appears in a row or column more than once.
- Shaded (black) squares do not touch each other vertically or horizontally.
- When completed, all un-shaded (white) squares create a single continuous area.

5	7	6	4	1	6	2
6	7	5	5	5	2	3
4	7	7	3	6	5	1
1	6	5	1	2	6	4
2	4	2	1	7	3	6
3	5	4	1	5	7	6
7	3	2	6	3	1	6



Young Puppy Just Can't 'Hold It'

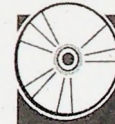
DEAR PAW'S CORNER: We adopted a puppy last month. "Jake" is having some problems adjusting to his new home. He has soiled his own bed three times so far (we crate him at night) and doesn't make it through the day - he starts whining by the door around lunchtime and, if we're not home, will just go anywhere in the house. How can we fix this? - Carl B., via email

DEAR CARL: How old is Jake? It sounds like, barring any unknown physical issues or illness, he is a young puppy with a small bladder. He simply can't hold it as long as a fully grown dog. The fact that Jake makes it a point to whine by the door means that the house training is effective, but you may be waiting much too long to take him out. When he

has to go, he will go. That includes soiling his crate, which is an absolute last resort for a dog. Follow this guideline, published by the American Kennel Club, called the "month-plus-one" rule: Take your puppy's age in months, and add one. That gives you a rough estimate of the maximum number of hours Jake should wait before going outside to pee or poop. For example, if Jake is four months old, add one to that number. The total, five, means he should be taken outside every five hours. Every puppy is different, so Jake may need to go out a little sooner. And yes, that means he may need to go out in the middle of the night, or on a pee pad. He should always be taken out just before bedtime and first thing in the morning, regardless of his age.

Send your questions, comments or tips to ask@pawscorner.com.

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TOP VIDEO RENTALS AND SALES

TOP TEN VIDEO, DVD for release week of May 23, 2022

- Video On Demand**
1. Blacklight (PG-13) Liam Neeson
 2. Spider-Man: No Way Home (PG-13) Tom Holland
 3. Moonfall (PG-13) Halle Berry
 4. Sing 2 (PG) animated
 5. Jackass Forever (R) Johnny Knoxville
 6. Black Site (R) Michelle Monaghan
 7. House of Gucci (R) Lady Gaga
 8. Ambulance (R) Jake Gyllenhaal
 9. Marry Me (PG-13) Jennifer Lopez

10. Encanto (PG) animated

DVD, Blu-ray Sales

1. Spider-Man: No Way Home (PG-13) Sony Pictures/Marvel
 2. Turning Red (PG) Disney
 3. Moonfall (PG-13) Lionsgate
 4. Blacklight (PG-13) Universal
 5. Sing 2 (PG) Universal
 6. Spider-Man 3-Movie Collection* (PG-13) Sony Pictures/Marvel
 7. Yellowstone: Season 4 (TV-MA) Paramount
 8. Encanto (PG) Disney
 9. Jackass Forever (R) Paramount Home Entertainment
 10. Scream (R) Paramount
- *Re-release

Source: Comscore/ Media Play News

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Hitori

9	1	8	9	2	8	7
9	6	4	1	5	7	3
9	8	1	7	2	4	2
4	9	1	2	5	1	9
5	1	9	3	6	5	1
3	2	5	5	5	9	9
4	1	6	2	9	6	5

SCRAMBLERS

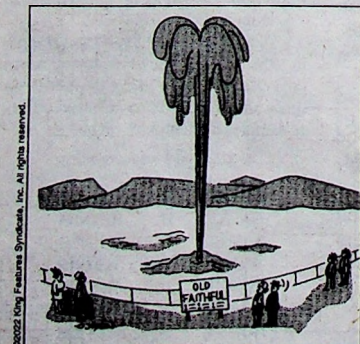
solution

PLUMBING

Today's Word

3. Clean; 4. Blame

1. Gurgling; 2. Chirp



"It reminds me of when you 'fixed' the _____."

the _____

MORE SUN FUN

COUCH THEATER

BY
DEMI
TAVERAS

Navalny (R) — As a force behind Russian opposition against the Kremlin, Alexei Navalny is recognized worldwide as a leader in organizing the Russian people against Vladimir Putin. But those who rally against Putin know that this fight comes with severe consequences. At first, Navalny was blacklisted, but as his opposition gained more traction, he became a red dot on Putin's radar. Mistakenly thinking that Putin wouldn't be foolish to attempt assassination on someone so public, Navalny was poisoned in 2020 and hospitalized, where he then fought for his life and was able to prevail. However, this fearless man refuses to stop his fight against the Kremlin. Follow Alexei Navalny's journey in a new award-winning documentary film. Streaming May 26. (HBO Max)

Obi-Wan Kenobi (TV-PG) — Taking place 10 years after "Star Wars: Revenge of the Sith," when the villainous Darth Vader emerged, Jedi Master Obi-Wan Kenobi watches over a very young Luke Skywalker on Tatooine. Obi-Wan pleads with Owen, Luke's uncle, to keep Luke hidden until Obi-Wan can train Luke himself. Meanwhile, Obi-Wan embarks on an escapade as he is forced to run from the dark side that desperately searches after him. Ewan McGregor and Hayden Christensen reprise their roles from the prequel trilogy as Obi-Wan and Darth Vader, respectively. The first two episodes of this limited series premiere Friday, May 27. (Disney+)

Emergency (R) — The trend of college comedies has died down since the early 2010s, which brought us movies like "Neighbors" and "Pitch Perfect." But this satire film from Amazon might reawaken the college

comedy subgenre and shake things up! Two college students, Sean and Kunle, set a challenge to hit seven parties in one night. With their plans solidified, they head home to pre-game and change after class when they find an unconscious girl in the living room. Now with a completely different mission in mind, Sean and Kunle must figure out how to safely rid themselves of the girl, all without knowing that her friends are attempting to track her through her phone. "Emergency" easily hooks in viewers with a diverse and refreshing cast who provide great turmoil for us to enjoy. Premieres May 27. (Prime Video)



Disney+

Ewan McGregor in
"Obi-Wan Kenobi"

Stranger Things 4, Vol. 1 (TV-14) — "Stranger Things" has had quite the dedicated following from its start, and as the years go on in this smashing success of a show, it's wonderful to see how the story and cast evolve and out-do its previous seasons. The fourth season begins six months after the Battle of Starcourt, and our favorite group of friends are separated throughout Hawkins, Indiana; California; and Russia. The Upside Down, however, still leaks through to Hawkins and infiltrates their hometown to a point where no one can ignore what's happening for much longer, including a powerless Eleven back in California. The season also dives deeper into Eleven's past and introduces a new, guitar-slinging character named Eddie. Volume 1 of "Stranger Things 4" premieres May 27. (Netflix)

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Contract Bridge

THE WALLS CAME TUMBLING DOWN

East dealer.

Both sides vulnerable.

NORTH

♠ K J 9 8
♥ A K Q J 8
♦ A Q
♣ Q 4 2

WEST

♠ 5
♥ 10 6 5
♦ 8 7 6 4
♣ A J 8 5 3

EAST

♠ Q 10 7 6 4 3
♥ 7 2
♦ A J 10 9
♣ 6

SOUTH

♠ A 2
♥ 9 4 3
♦ K 5 3 2
♣ K 10 9 7

The bidding:

East	South	West	North
Pass	Pass	Pass	2♦
Pass	3♥	Pass	4♥

Opening lead — five of spades.

The Flannery convention, used mostly in tournaments, was devised for those hands where the opening bidder has specifically five hearts and four spades and usually less than 16 points in high cards — a hand that is difficult to describe in standard bidding methods. Those who play Flannery open such a hand with an artificial bid of two diamonds. Partner then makes whatever response is

by Steve Becker

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Puzzles4Kids

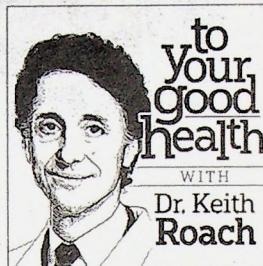
by Helene
Hovanec

WORD FUN

Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHAT KIND OF PLATES ARE USED IN SPACE?

FASTER	—	TEARS	SOLEMN	—	LEMON
LAMEST	—	MATES	ALVIRA	—	VIRAL
SANITY	—	SATIN	CRUISE	—	CRIES
OILERS	—	ROLES	SNITCH	—	HINTS
BRENDA	—	BREAD	SEETHE	—	SHEET
GLIDES	—	SLIDE	WINTER	—	TWINE
			MUSSEL	—	MULES



Cause of Chronic Cough Has Doctors Stumped

DEAR DR. ROACH: I am on blood thinners, so I am unable to take ibuprofen or naproxen for pain. Do you know of anything I can take to help with pain? -- K.B.

ANSWER: The body has two ways of clotting blood: the blood clotting factors and platelets, which are special blood clotting cells.

Warfarin (Coumadin), like newer agents such as dabigatran (Pradaxa) or rivaroxaban (Xarelto), work as anticoagulants, blocking proteins that help clot the blood. They don't actually "thin" the blood; that would mean a change in viscosity. Clotting factors are needed for a mature, effective blood clot.

Aspirin and NSAID drugs, like ibuprofen or naproxen (Aleve and others), affect platelets, the specialized blood cells that start clotting the blood when necessary. If both the platelet system and the factor system are decreased due to medication (or underlying clotting disorder), then the risk for abnormal bleeding goes up.

This does not mean people can never take aspirin or NSAIDs if they are on a medication to reduce clotting risk, but it does mean that a careful evaluation must be done, based on a person's unique circumstances, to determine the safety of doing so. In other words, your doctor should be able to tell you how often, if ever, you can take these over-the-counter pain relievers.

If you can't take any, then acetaminophen (Tylenol) is usually the safest bet. However, too much acetaminophen can increase the effect of warfarin (measured by your INR level).

DEAR DR. ROACH: I

must admit that I sit on the throne (toilet) for too long for my morning (or evening) constitutional, maybe 15 minutes or so. But I am busy with my crossword puzzles -- it's about the only time I can carve out for my little obsession.

The problem is, my legs almost always fall deeply asleep. This happens frequently. I'm wondering if I should cease this practice. Could I be doing damage to my nervous system? The tingling goes away after I walk around a bit, and there are no lasting effects?-- V.K.C.

ANSWER: I'd recommend finding a different place to do your crossword puzzles.

I don't recommend anyone sit on the toilet too long. Pressure in the colon from prolonged sitting (I don't say you are necessarily straining, but I suspect that like most people you have increased pressure in the colon from sitting on the toilet) increases the risk of colon problems, both common (diverticulosis, out-pouchings in the colon wall) and rare (volvulus, a twisting of the colon that is a surgical urgency). When you have the urge to go, you should take yourself to the bathroom and do so. If you are straining, it's time to add more fruits, vegetables and fiber to your diet.

The numbness in your legs is not uncommon. The position of a toilet seat may put extra pressure on the nerves of the leg, especially the sciatic nerves. This pressure is what is causing the numbness. The fact that there are no long-term symptoms suggests no lasting damage, but I would argue this is your body telling you not to stay in that position.

Find a comfortable chair in which to do your crosswords, and ignore the world for a little while.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu.

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Puzzles4Kids Answer

Comfort foods

Made fast
and
healthy



by Healthy Exchanges

Grilled Burgers

Fire up the grill! There's something about cooking and eating outside that just can't be duplicated indoors.

- 16 ounces extra-lean ground turkey or beef
- 3/4 cup finely chopped onion
- 1/2 cup plus 1 tablespoon (2 1/4 ounces) dried fine bread crumbs
- 1/4 cup reduced-sodium ketchup
- 2 teaspoons prepared yellow mustard
- 1 teaspoon prepared horseradish sauce
- 1 teaspoon Worcestershire sauce
- 1/4 cup fat-free milk

1. In a large bowl, combine meat, onion and breadcrumbs. Add ketchup, mustard, horseradish, Worcestershire sauce and milk. Mix well with hands until well-combined.

2. Using a 1/2 cup measuring cup as a guide, shape into 6 patties. Place on hot grill, and grill for about 6 minutes on each side or until desired doneness. Good served on small hamburger buns or eaten as "steaks." Makes 6 servings.

• Each serving equals: 175 calories, 7g fat, 15g protein, 13g carbohydrate, 199mg sodium, 1g fiber; Diabetic Exchanges: 2 Meat, 1/2 Starch/Carbohydrate

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1. What artist released albums titled "Texas Flood" and "Couldn't Stand the Weather"?
2. Why did the Moody Blues originally call themselves "The MBs" and "The M B Five"?
3. Which Laura Branigan song was used in the film "Flashdance," but wasn't included on the soundtrack album?
4. What artist had a hit with "Total Eclipse of the Heart"?
5. Name the song that contains this lyric: "There ain't nothin in the world like a big-eyed girl. To make me act so funny, Make me spend my money."

Answers

1. Stevie Ray Vaughan, in 1983 and 1984. When Vaughan died in a helicopter crash in 1990, he left behind a wealth of material. Since then, a number of tribute specials and posthumous albums have been released, some of them charting globally.
2. They were hoping for an endorsement from the Mitchells & Butlers Brewery. It didn't happen.
3. "Gloria." The other one, "Imagination," was used. "Gloria" nabbed a Grammy nomination for Best Female Pop Vocal in 1982.
4. Bonnie Tyler, in 1983.
5. "Chantilly Lace," by the Big Bopper in 1958. Jerry Lee Lewis followed with a cover in 1972. Over the years, numerous other artists have either released covers or samples in their own songs.

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SEEN	S	TESS
WULES	R	MUSSEL
TWINE	E	WINTER
SHEET	C	SEETHE
HINTS	O	SNITCH
CRUISE	U	CRUISE
ALVIRA	A	ALVIRA
LEMON	S	SOLEMN
SLIDE	G	GLIDES
BREAD	N	BRENDA
ROLES	I	OILERS
SATIN	A	SANITY
MATES	L	LAMEST
TEARS	F	FASTER

Stop The Stigma 5K Raises \$100,000 For Mental Health

Cont'd From Page 14

businesses, including 5K Level Sponsors Arbella Insurance Foundation, The Heritage Companies and Quirk Auto Dealers; Gold Level Sponsors Beth Israel Deaconess Hospital – Milton, IntelyCare, J. Calnan & Associates and SandBox Medical LLC; and Silver Level Sponsors Baker, Braverman & Barbadoro, P.C., Bank of Canton, Blue Cross Blue Shield of Massachusetts, Burgin, Platner & Co. LLC, First Congregational Church Randolph UCC, FoxRock Properties, Keohane Funeral Home, the Law Offices of William T. Kennedy, P.C., Plymouth Quarries, Point32Health, SIGNET Electronic Sys-

tems, South Shore Bank, South Shore Health and United Healthcare.

Interfaith Social Services provides South Shore residents with the resources necessary to support a healthy and fulfilling life. Their programs include one of the largest emergency food programs in Greater Boston as well as a mental health counseling center, homelessness prevention program, the Bureau Drawer Thrift Shop and seasonal initiatives bringing joy to children and families in need.

To find out more about Interfaith's programs, including the New Directions Counseling Center, visit InterfaithSocialServices.org.



MAUREEN GRIFFIN, left, of North Weymouth and Tina Karas, right, of Boston finish up the last leg of Interfaith Social Services' Stop the Stigma 5K on April 30. The race follows a scenic route along the Harbor and through Quincy's Squantum neighborhood. Photo Courtesy Rocky Taverna

Rep. Tackey Chan Appointed To Energy Conference Committee

House Speaker Ron Mariano has appointed state Rep. Tackey Chan (D-Quincy) to the six-person Conference Committee charged with negotiating the offshore wind and climate action bills before the close of the legislative session.

Rep. Chan joins fellow Conferees Representative Jeffrey Roy (D-Franklin), House chairperson of the Joint Committee on Tele-

communications, Utilities and Energy, and House Minority Leader Brad Jones (R-Lynnfield), along with state Senators Michael Barrett (D-Lexington) and Cynthia Stone Creem (D-Newton), and Senate Minority Leader Bruce Tarr (R-Gloucester).

As House chairperson of the Joint Committee on Consumer Protection and Professional Licensure,

Rep. Chan has taken an active role in energy issues as they relate to ratepayer protections, particularly in the energy procurement and supply areas. Prior to his election to the House in 2010, Rep Chan worked as Assistant Attorney General in the Attorney General's Office of Ratepayer Advocacy where he litigated utility rate cases on behalf of the citizens of the Com-

monwealth.

Rep. Chan also previously served as Senate Committee staff on the Government Regulations Committee and the Telecommunications, Utilities and Energy Committee which oversaw electric and gas utilities and various energy matters.

"I am grateful to the Speaker for this opportunity to put my years of energy regulation experience

to good use," Chan said. "I look forward to working with my colleagues, especially Conferee Chair Roy, in coming to a final product that advances our state's capacity for innovative offshore wind production and mitigates ratepayer impacts."

The Conferees are expected to have until the end of July to craft a compromise between the com-

prehensive offshore wind reform proposal passed by the House in March, and the climate action plan approved by the Senate last month. Rep. Chan said he has already, and expects to continue over the coming weeks, to engage with interested stakeholders and constituents on the various components of interest and importance within the two bills.



JAMES BURKE



AIDAN FLEMING



MICHAEL RICHARDSON



AIDAN RODRIGUEZ

Four Residents Graduate Xaverian Brothers H.S.

Four Quincy residents were among the 187 graduates who recently received diplomas at Xaverian Brothers High School in Westwood.

The Quincy graduates are:

James T. Burke, son of Mr. and Mrs. Edmund F. Burke, Jr. Jake will attend Worcester Polytechnic Institute.

Aidan R. Fleming, son of Mr. and Mrs. Edward J.

Fleming '84. Aidan will attend San Diego State University.

Michael Richardson, son of Mr. and Mrs. Ralph W. Richardson '89. Michael will attend Sacred Heart University.

Aiden Rodriguez, son of Mr. Armando Rodriguez (North Quincy) and Ms. Kimberly Dragoo (Braintree). Aiden will attend The University of Tampa.



Rodent Proofing Tips



The City of Quincy Health Department is reminding residents about steps that can be taken to better prevent rodent problems in your yard and home. See steps below that you can take to reduce rodent activity.

* Proper Garbage and Rubbish Storage

- Never store full plastic garbage bags in your yard.
- Use sturdy, durable garbage cans with tight-fitting lids.
- Do not place garbage out at curbside, in plastic or paper bags and boxes until the morning of collection.

* Eliminate Potential Rodent Harborage

- Remove lumber piles, and all other debris from your property.
- Cleanup, remove and dispose of any overgrowth of shrubs and brush and tall grass/weeds on your property.
- Store firewood on a rack at least 18 inches off the ground and at least one foot away from any building or structure.

* Remove Potential Food and Water Sources

- When possible, do not feed your pet outdoors. If you must, make sure to remove all uneaten food as soon as your pet is done eating. Feed only during daylight hours and supervise your pet while it eats. Remove pet waste from your yard.
- Remove any un-harvested or spoiled remains from vegetable gardens and around fruit trees.
- Don't scatter food for birds or squirrels in your yard. Place bird seed in proper receptacles. Regularly clean-up any spilled bird seed from the ground.
- Store bird seed and lawn seed in strong, durable containers with tight-fitting lids.
- Remove water sources such as rainwater collection barrel covers

If you have any additional questions, please contact the Quincy Health Department at 617-376-1275.



QUINCY HIGH SCHOOL Women's Athletic Hall of Fame Class of 2020 inductees - front row from left to right: Patricia Kussman, Joanne Kussman Devin and Beth Veneto. Back row: Theresa Munroe Ricciardi, Mary Kamb, Carole Lynch, Ann McCarron, Maureen Walsh, Donna Marcin, Susan Beven Rigg and Kristine Picarski Cacciatore.



INDUCTEES Peter Swanson and Ann McCarron



INDUCTEE ANN MCCARRON, Meg Goldrick Kudla, Inductee Maureen Walsh and Inductee Theresa Munroe Ricciardi.



BACK ROW (left to right): Denise Friedaborn, Paula Lynch-Ritchie, Barbara Stewart, Karen McManus and Susan Wade. Front row: Bob MacPherson, inductee Carole Lynch and Marybeth Torpey.

Photos Courtesy Christine Barrett

QHS Women's Athletic Hall Of Fame Inducts 18

The Quincy High School Women's Athletic Hall of Fame recently held its second-ever induction ceremony May 6. The original ceremony for the Class of 2020 was to be held on March 2020 right as shut down due to COVID-19 occurred.

The QHS Class of 2020 inductees included 16

student-athletes and two coaches. The inductees included: Mildred Wiley Dee 1920 posthumously track and field; Joanne Kussman Devin 1974 gymnastics and swimming; Terry Greenleaf 1976 posthumously basketball, field hockey and softball; Patricia Kussman 1976 basketball, gymnastics,

softball, and tennis; Carole Lynch 1977 basketball, softball and volleyball; Maryann McCarthy Verria 1977 basketball and softball; Peggy Thorley 1977 posthumously basketball and softball; Linda Brennan 1981 basketball and volleyball; Donna Marcin 1981 swimming and tennis; Ann Mc-

Carron 1981 basketball and softball; Maureen Walsh 1981 basketball and volleyball; Mary Kamb 1982 basketball and softball; Theresa Munroe Ricciardi 1983 basketball, track and field and volleyball; Susan Beven Rigg 1984 volleyball; Kristine Picarski Cacciatore 1984 track and field; and

Beth Veneto 1985 softball and volleyball; and special recognition/head coaches Mary Pratt posthumously softball and Peter Swanson basketball and tennis.

The Quincy High School Women's Athletic Hall of Fame was formed and held its first-ever induction ceremony in 2012 when it in-

ducted 18 student-athletes and gave special recognition to three head coaches. The Class of 2012 inductees included: Cindy Tozzi 1976, Kelly Sparks Gaffey 1976, Clare Oliverio 1977, Lois Malvesti 1977, Paula Constat 1978, Susan Callahan Milone 1980, Maureen Maher-Knopf 1980, Laura Miller 1980, Nancy MacDonald Krue 1982, Cynthia Morrell O'Callahan 1984, Karen Marnell McPartlin 1985, Colleen Dunn Maimaron 1985, Marlo LeVangie 1986, Patricia Morrell Madore 1988, Gayle Morrell Sullivan 1988, Amy Guidice Short 1989, Nancy Laitinen McPartlin 1989 and Christine Barrett 1991; and special recognition/head coaches Tom Henderson, Barbara Webster and Ray Whitehouse.

The Quincy High School Women's Athletic Hall of Fame Committee is looking for nominations for our next induction ceremony. Send nominee name and information including sport(s), honors and any news articles to: Quincy High School Women's Athletic Hall of Fame Committee, Quincy High School, 100 Coddington St., Quincy, MA 02169.

Nominations are to be sent by June 30.

For more information, contact Christine Barrett at christinebarrett@quincy-publicschools.com.

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